

# ABSTRACT

Hannyta (50120080035)

## **Comparison of Factors Related to Nutritional Status Between Male and Female Adolescents at Methodist Senior High School North Jakarta** (xiii + 66 pages; 2 diagram; 12 table; 9 appendixes)

According to the Indonesia Health Ministry (2011) Indonesians face problem of underweight, especially chronic and acute underweight and overweight problem which is one of the main risk factors for degenerative diseases. Adolescents are a group vulnerable to nutritional problems. Adolescents nutritional status is very important because poor nutritional status may have negative impact. This study addresses seven variables: nutritional status, energy intake, level of nutritional knowledge, diet, lifestyle, physical activity and psychology.

This study purpose is to compare the factors related to nutritional status between male and female adolescent at Methodist senior high school North Jakarta. This study is a comparative cross sectional, quantitative research study. This study used Total sampling, with total sample 78 students, 31 male students and 47 female students. The questionnaire was tested for its validity and reability in pilot study.

The data was analyzed using computer for univariate data analysis to identify factors related to nutritional status in male and female students. Bivariate statistics was used to compare the factors related to nutritional status in both male and female. The independent sample t-test and mann-whitney u-test showed that there is no statistically significant difference of factors related to nutritional status except for physical activity factors. For further reseach it is important to measure the adolescent energy intake using other method to accurately measure adolescents intake.

**Key words :** Nutritional status, Factors, Adolescents.

**References :** 49 (2001 – 2011).

