

ABSTRACT

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THE RELATIONSHIP BETWEEN ADEQUACY LEVEL OF MACRO NUTRITION AND PHYSICAL ACTIVITY WITH THE INCIDENCE OF OVERWEIGHT IN ADOLESCENTS

Overweight is a problem of excess nutrition caused by the energy entering the body being greater than the energy leaving. Energy imbalance occurs due to unhealthy eating patterns and lack of physical activity. The aim of this research is to analyze the relationship between adequate level of carbohydrate, protein, fat and physical activity with the incidence of overweight in adolescents in private schools in the working area of the Bantar City Health Center, Tasikmalaya City in 2023. This research is an observational research with a case control research design. The sample in this study was 90 subject (30 case and 60 control). Data collection instruments used measurements of body weight and body height, SQ-FFQ questionnaire, and PAL questionnaire. Data analysis used Chi Square. The research results showed that the majority of respondent had adequate level of carbohydrate in the no more category (57,8%), protein adequacy level in the no more category (60%), fat adequacy level in the no more category (52,2%), and physical activity in the moderate category (51,1%). The results of bivariate analysis showed that there was a significant relationship between the level of carbohydrate adequacy and the incidence of overweight ($p=0.000$), level of protein adequacy with the incidence of overweight ($p=0,001$), level of fat adequacy with the incidence of overweight ($p=0,001$), and physical activity with the incidence of overweight ($p=0,000$). Students are expected to pay more attention to the food intake they eat daily, always exercise regularly to prevent and reduce overweight.

Keyword : Adequate Level of Macro Nutrition, Physical Activity, Overweight