

# HUBUNGAN TINGKAT KONSUMSI DAN AKTIVITAS FISIK DENGAN STATUS GIZI STAFF DAN PERSONEL AJUDAN JENDERAL RESOR MILITER (AJENREM) TIPE B 081 MADIUN

## ABSTRAK

**Latar Belakang** Status gizi sangat erat kaitannya dengan kesehatan. Status gizi dikategorikan normal apabila seimbang antara jumlah energi yang masuk dan yang keluar sesuai dengan kebutuhan seseorang. Gizi berperan penting dalam tubuh sebagai penyedia energi, memelihara jaringan tubuh serta pengaturan dalam proses metabolisme di dalam tubuh termasuk bagi seorang personel militer yang dituntut memiliki kondisi fisik yang optimal. **Penelitian ini bertujuan** untuk mengetahui hubungan tingkat konsumsi dan aktivitas fisik dengan status gizi staff dan personel AJENREM Tipe B 081 Madiun. Penelitian ini **menggunakan desain cross-sectional** dengan sampel sebanyak 43 responden yang dilakukan dengan menggunakan teknik simple random sampling. Pengambilan data dilakukan dengan pengukuran berat badan, tinggi badan, pengisian kuesioner IPAQ-Short dan wawancara food recall 2x24 jam. Analisis hubungan yang dilakukan menggunakan uji spearman rho. **Hasil penelitian** menunjukkan bahwa tidak terdapat hubungan antara tingkat konsumsi energy ( $p=0,656$ ), protein ( $p=0,785$ ), lemak ( $p=0,792$ ) dan karbohidrat ( $p=0,656$ ) dengan status gizi. Terdapat hubungan yang signifikan antara aktivitas fisik ( $p=0,000$ ) dengan status gizi staff dan personel AJENREM Tipe B 081 Madiun.

Kata kunci: Tingkat Konsumsi, Aktivitas Fisik, Status Gizi, Personel Militer

**RELATIONSHIP LEVELS OF CONSUMPTION AND PHYSICAL ACTIVITY  
WITH NUTRITIONAL STATUS OF STAFF AND PERSONNEL  
ADDENDANT GENERAL OF MILITARY RESORT (AJENREM) TYPE B  
081 MADIUN**

**ABSTRACT**

**Background** Nutritional status is closely related to health. Nutritional status is categorized as normal if the balance between the amount of energy entering and leaving is in accordance with one's needs. Nutrition plays an important role in the body as a provider of energy, maintaining body tissues and regulating metabolic processes in the body, including for military personnel who are required to have optimal physical conditions. **This study aims** to determine the relationship between the level of consumption and physical activity with the nutritional status of the staff and personnel of AJENREM Type B 081 Madiun. This study used a **cross-sectional design** with a sample of 43 respondents, which was conducted using a simple random sampling technique. Data were collected by measuring weight, height, filling out the IPAQ-Short questionnaire and interviewing food recall 2x24 hours. Relationship analysis was carried out using the Spearman Rho test. **The results** showed that there was no relationship between the level of energy consumption ( $p=0,656$ ), protein ( $p=0,785$ ), fat ( $p=0,792$ ) and carbohydrates ( $p=0,656$ ) with nutritional status. There was a significant relationship between physical activity ( $p=0.000$ ) and the nutritional status of the staff and personnel of AJENREM Type B 081 Madiun.

*Keywords: Consumption Level, Physical Activity, Nutritional Status, Military Personnel*