

ABSTRACT

Vania, Nadhila Rifky. 2023. *The Relationship between Eating Habits and Upper Arm Circumference (UAC) of the Midwifery Students of Poltekkes Kemenkes Malang Living in Boarding Houses*. Thesis. Undergraduate Study Program in Applied Midwifery Malang. Ministry of Health Malang State Health Polytechnic. Supervisor 1 : Suprapti, SST, M. Kes. Supervisor 2 : Lisa Purbawaning W., SKM, M. Kes.

While living in a boarding house makes teenagers eat whatever food they want, whenever they want, without considering the nutritional needs needed. Dense lecture activities require more energy. Lack of attention to eating habits can cause nutritional problems, one of which is being underweight. Individuals with an underweight nutritional status that lasts for a long period of time are at risk of SEZ. The purpose of the study was to determine the relationship between eating habits and UAC of the Midwifery Student of Poltekkes Kemenkes Malang living in the boarding house. The design of this study was analytically correlated with a cross-sectional approach. The population of 252 female students living in the boarding House. Sampling using the probability sampling technique yields a sample size of 155 that meets the inclusion criteria. The instruments of this study were the AFHC questionnaire to determine eating habits and the LILA band. The analysis used is univariate and bivariate. The results of the spearman correlation analysis test show that a p-value correlation coefficient > 0.05 means that H_0 is accepted or that there is no relationship between eating habits and LILA. Other possible factors that can affect UAC include nutrition, physical activity, the environment, and age. Based on the results of the research that has been obtained, female students should be able to change their eating habits for the better in an effort to support optimal growth and development.

Keywords : Eating Habits, Upper Arm Circumference (UAC), Boarding House