THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND DIETARY PATTERNS WITH BODY MASS INDEX (BMI) AMONG ADOLESCENT GIRLS AT SMP AN-NUR 2 BULULAWANG

Citra Ilma Aziziah[1], Nurul Pujiastuti[2], Tri Nataliswati[3], Eko Sari Wahyuni[4]
Program Studi D4 Keperawatan Poltekkes Kemenkes Malang, Jl. Besar Ijen No 77C Malang
Email : citrailmaaziziah@gmail.com

ABSTRACT

Adolescents are a population group that is vulnerable to changes in dietary patterns and physical activity, as adolescent behavior tends to be influenced by prevailing trends. Low levels of physical activity and unbalanced dietary patterns can lead to an imbalance between energy intake and energy expenditure, which subsequently affects body mass index (BMI). BMI is a simple indicator used to classify nutritional status into several categories, namely severely underweight, underweight, normal, overweight, and obese. This study aimed to analyze the relationship between physical activity and dietary patterns with BMI among adolescent girls at SMP An-Nur 2 Bululawang. The research design employed was a descriptive correlational study with a cross-sectional approach. The sampling technique used was purposive sampling, involving a total of 100 respondents. Data were analyzed using the Spearman Rank correlation test. The results showed that most respondents had low levels of physical activity (43 respondents; 43%), poor dietary patterns (53 respondents; 53%), and normal BMI status (37 respondents; 37%). Statistical analysis revealed a significant relationship between physical activity and BMI ($r = -0.521$; $p < 0.001$) as well as between dietary patterns and BMI ($r = 0.475$; $p < 0.001$). These findings indicate that physical activity and dietary patterns play an important role in determining BMI status among adolescent girls and may serve as a basis for planning and developing school health programs focused on improving physical activity and dietary behaviors. In conclusion, there is a relationship between physical activity and dietary patterns and body mass index (BMI) among adolescent girls at SMP An-Nur 2 Bululawang.

Keywords: adolescent girls, body mass index, dietary patterns, physical activity