ABSTRACT

Cahyani, Lindah Regita, 2024. ***The relationship between physical activity and nutritional status and the nutritional status of prospective brides at the*** **Kedungkandang** ***Community Health Center*****, Malang City.** ***Thesis. Applied Midwifery Undergraduate Study Program. Ministry of Health Malang Health Polytechnic. Main Supervisor*****: Rudi Hamarno, S.Kep.Ns., M.Kep.,** ***Assistant Supervisor*****: Ari Kusmiwiyati, SST., M.Keb.**

Reproductive age is a crucial period in determining the health of both the future mother and child. Prospective brides are one of the priority groups that require attention regarding preconception nutrition. One of the factors influencing nutritional status is physical activity. Excessive physical activity without adequate nutritional intake may lead to chronic energy deficiency (CED). This study aimed to determine the relationship between physical activity and the nutritional status of prospective brides. This research used an analytical observational design with a cross-sectional approach. The study was conducted at Kedungkandang Public Health Center, Malang City, involving 32 respondents selected using purposive sampling based on Slovin's formula from a total population of 43. Data collection instruments included the Physical Activity Level (PAL) questionnaire to assess physical activity and Body Mass Index (BMI) measurements to assess nutritional status. The results showed that half of the respondents (50%) engaged in heavy physical activity, and nearly half (65,63%) had underweight nutritional status. Statistical analysis revealed a significant relationship between physical activity and nutritional status (p-value = 0.000; r = -0.785), indicating a strong negative correlation. In conclusion, there is a significant relationship between physical activity and the nutritional status of prospective brides. It is recommended that prospective brides with high physical activity receive education about balancing physical activity and proper nutrition and undergo regular preconception check-ups to prevent complications during pregnancy.

Keywords: Physical Activity, Nutritional Status, Bride and Groom