

ABSTRACT

Anggi Yola Ketrina Siagian: *Correlation Between Sleep Quality and Physical Activity with Nutritional Status Among Students of SMA Swasta Katolik Trisakti Medan. Thesis. Nutrition Study Program. Faculty of Engineering. Universitas Negeri Medan. 2025.*

Adolescence is a transitional phase from childhood to adulthood. An individual is considered an adolescent if they fall within the age range of 10 to 19 years. During this growth period, adolescents face various health problems that can threaten their growth and development. Nutritional status is closely related to poor sleep quality among adolescents. Another factor that may influence nutritional status in adolescents is physical activity. This study aims to determine the relationship between sleep quality and physical activity with the nutritional status of students at Trisakti Catholic Private Senior High School, Medan. The study was conducted at the school in October 2024 using a cross-sectional design involving 52 participants. The study population consisted of all Grade XII-Science students. The sampling technique used was convenience sampling, with a total sample of 52 respondents. Data were collected using the Pittsburgh Sleep Quality Index (PSQI) to assess sleep quality and the International Physical Activity Questionnaire Short Form (IPAQ-SF) to measure physical activity. Nutritional status was obtained from respondents' Body Mass Index (BMI) measurements. Data analysis was conducted using descriptive statistics, Spearman's rank correlation test, and multiple linear regression analysis. The results of this study showed a positive and significant relationship between sleep quality and nutritional status, with a correlation coefficient of $r = 0.285$ and a p -value of 0.041. In addition, physical activity had a negative and significant relationship with nutritional status, with a correlation coefficient of $r = -0.321$ and a p -value of 0.020. The results of the multiple linear regression analysis showed an R -squared value of 0.158, with a regression coefficient for sleep quality of 0.492 ($p = 0.116 > 0.05$) and for physical activity of -0.342 ($p = 0.071 > 0.05$). In conclusion, there is a significant bivariate relationship between sleep quality and physical activity with the nutritional status of students at Trisakti Catholic Private Senior High School, Medan.

Keywords : Physical Activity, Sleep Quality, Nutritional Status

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