

TYAS TONO TAUFIK. "RELATIONSHIP BETWEEN NUTRITION KNOWLEDGE WITH CONSUMPTION FOODS FOR STUDENTS IN BULUTANGKIS EXTRACULICULARS IN SMP NEGERI 1 PEBAYURAN BEKASI DISTRICT". Thesis, Jakarta : Majoring In Sports Science , Faculty of Sport Sciences State University of Jakarta, Juni 2019.

ABSTRACT

This study aims to obtain valid and accountable data for its application to the Relationship Between Nutrition Knowledge and Student Food Consumption Patterns at SMP Negeri 1 Pebayuran, Bekasi Regency. This research was conducted at SMP Negeri 1 Pebayuran Bekasi district in June 2019. The method used was to use a survey method with test techniques in the form of questions randomly given to measure nutritional knowledge and tests to measure food consumption patterns in the form of questionnaires given to Badminton extracurricular students at SMP Negeri 1 Pebayuran Bekasi District, the study did not observe and give treatment only took data in the field. The statistical technique used is simple correlation analysis, which connects two variables between the independent variable and the dependent variable with the T test. Using primary data for (X), Nutrition Knowledge and (Y) variable, Student's Food Consumption Pattern. The population of this study were all students of VII, VIII, IX who took part in badminton extracurricular activities at SMP Negeri 1 Pebayuran Bekasi Regency, amounting to 45 students. This sample was taken using the Slovin formula, so the number of valid samples in this study was 40 students. Based on the results of data research conducted, these results are obtained that Nutrition Knowledge has a Relationship with Student Food Consumption Patterns. This means that Nutrition knowledge is very influential on the level of food consumption patterns of students who follow badminton extracurricular activities. The results showed that nutritional knowledge contributed to the pattern of consumption of Shiva food in badminton extracurricular activities at SMP Negeri 1 pebayuran Bekasi Regency by 26%.

Keywords: *Nutrition Knowledge, Food Consumption Pattern, Badminton Extracurricular*