

NUTRITIONAL STATUS, HEALTHY LIVING BEHAVIOR, AND LEVEL OF PHYSICAL ACTIVITY OF PROSPECTIVE FOREIGN WORKERS KENSHINE GLOBALINDO INDONESIA

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ABSTRACT

Potential foreign employees are beneficial to both the nation and their family. Prospective overseas employees contribute significantly to the nation's foreign exchange and the family's financial stability. Prospective foreign workers must be in good physical shape because being healthy is a need. This study intends to assess the foreign worker candidates at the Kenshine Globalindo Indonesia Job Training Institute's (1) nutritional status, (2) healthy lifestyle, and (3) level of physical activity. Descriptive research is what this study is. 44 research subjects participated in this study, which was done at the Kenshine Globalindo Indonesia Job Training Institute. The BMI, a measure of a healthy lifestyle, and a measure of physical activity were the instruments employed in this study to assess nutritional status. The data collection technique uses a questionnaire with Google Form. Data analysis technique using descriptive percentages. The results showed that (1) the nutritional status of prospective foreign workers with an average Normal category of 26 people or 59%, (2) a healthy lifestyle of prospective foreign workers with an average category of 17 people or 39%, and (3) the activity level of prospective foreign workers with an average of Good category is 26 people or 59%.

Kata Kunci: Nutritional status, healthy lifestyle, level of physical activity, prospective foreign workers