***ABSTRACK***

***The Relationship Of Screen-Based Sedentary Lifestyle With Adolescent Nutritional Status***

Desak Made Dwi Sukma Prabayanthi1, Niken Ayu Merna Eka Sari2, Ni Kadek Yuni Lestari 3

*Sedentary lifestyles that involve screen use, such as watching TV, playing games or using mobile phones, are becoming a health concern in adolescents as they increase the risk of obesity and nutritional problems. This is triggered by technological advances that make access to screen devices easier, thus reducing physical activity. This study aims to analyze the relationship between screen-based sedentary lifestyle and the nutritional status of adolescents at SMP Negeri 2 Blahbatuh. The design of this study was descriptive correlation with a cross-sectional approach, with a population of adolescents in grades VIII and IX aged 13-15 years. A sample of 88 students was selected using Probability Sampling with Stratified Random Sampling technique. Data were collected through the Adolescent Sedentary Activity Questionnaire (ASAQ) to measure sedentary behavior, and anthropometric measurements (weight, height, BMI) for nutritional status. The results showed that the majority of adolescents had a high screen-based sedentary lifestyle with more nutritional status in 19 students (21.6%) and good nutritional status in 17 students (19.3%). Rank Spearman test showed p-value = <001 (<0.05) which means there is a significant relationship between screen-based sedentary lifestyle and adolescent nutritional status. The correlation coefficient value of 1 with a positive direction indicates a strong relationship between the two variables. Although a high sedentary lifestyle is at risk of increasing overweight status, a healthy diet, physical activity, and a balanced lifestyle can help maintain good nutritional status.*

***Keywords:*** *Screen-based sedentary lifestyle, nutritional status, adolescents*