

**THE IMPACT OF COUNSELING ON THE IMPROVEMENT OF NUTRITIONAL
KNOWLEDGE AND PHYSICAL ACTIVITIES ON WOMEN PRISONERS
(A STUDY AT WOMEN PENITENTIARY INSTITUTION
CLASS II A SEMARANG)**

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Abstract

Background: One of the factors that cause health problems is the lack of information about nutrition and physical activity. The study aims to determine the effect of counseling on changes in nutritional knowledge and physical activity on women prisoners in the Women Penitentiary Institution Class II A Semarang. **Method:** This study used quasi-experimental with one group pre-test and post-test design. Intervention in the form of one-time counseling. Pre test and post test are done in one day. The sampling technique was using simple random sampling. The subjects were 50 women prisoners from common criminal offence cases. Data was analyzed by using Wilcoxon Signed Ranks Test. **Results:** The results showed that most of the subjects had high school education level (80%). The mean of age, body weight, body height and body fat percentage were 34.5 ± 8.4 years old, 61.3 ± 9.0 kg, 154.4 ± 4.5 cm and $33.7 \pm 4.7\%$. Body Mass Index of 44% subjects were type I obesity. Mid Upper Arm Circumference (MUAC) of 94% subjects were normal. The median of knowledge score before counseling were 19 (15-21) and knowledge score after counseling were 20 (15-25). There was an average difference of knowledge of the subjects before and after intervention ($p = 0.003$). There was a correlation between education and knowledge of the subjects ($p = 0.017$). **Conclusion:** It is recommended for the penitentiary administrators to give education about nutrition and physical activity for the prisoners to increase their knowledge.

Keyword: Counseling, Nutritional Knowledge, Physical Activities Knowledge, Women Prisoner, Women Penitentiary Institution In Semarang.

