

Pengaruh indeks massa tubuh dan faktor-faktor lainnya terhadap nilai kesamaptan aerobik pada Paskhas = The effect of body mass index and other factors on the value of aerobic fitness in Indonesian Air Force Special Paratrooper

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Abstrak

Tujuan penelitian ini untuk mengidentifikasi pengaruh indeks massa tubuh (IMT), denyut nadi istirahat, kebiasaan merokok dan olahraga serta umur terhadap nilai kesamaptan aerobik pada Pasukan Khas (Paskhas). Sehingga diketahui faktor-faktor risiko yang berkaitan terhadap nilai kesamaptan aerobik yang mempengaruhi performa kinerja Paskhas dalam melaksanakan tugasnya.

Metode: Disain penelitian potong lintang dengan sampling purposif di antara Paskhas. Pengumpulan data dilakukan sejak tanggal 13-25 Mei 2013 di Batalyon Paskhas. Data diperoleh melalui wawancara dengan panduan kuesioner oleh peneliti serta pemeriksaan fisik. Nilai kesamaptan aerobik diperiksa dengan metode Cooper, yaitu menghitung jarak tempuh lari dalam meter selama 12 menit. Data dianalisis dengan regresi linear.

Hasil: Total subjek yang menyelesaikan penelitian ini berjumlah 135 orang. Nilai kesamaptan aerobik antara 2000-3100 meter dengan rerata $2552,78 \pm 250,66$. Terdapat tiga faktor (umur, IMT, dan kebiasaan olahraga selama 3 bulan terakhir) yang berkaitan dengan nilai kesamaptan aerobik. Dengan meningkatnya umur 1 tahun dan 1 poin IMT masing-masing akan menurunkan nilai kesamaptan aerobik Paskhas [koefisien regresi (r) = -20,42; 95% interval kepercayaan (CI) = -26,32;-14,53) dan (r = -22,28; 95% CI = -36,08;-8,49)]. Sedangkan dengan meningkatnya frekuensi 1 hari per minggu berolahraga akan meningkatkan nilai kesamaptan aerobik Paskhas 14,7 poin (r = 14,67; P = 0,046; 95% CI = 6,65;35,98). Kesimpulan: Peningkatan IMT dan semakin bertambah umur menurunkan nilai kesamaptan aerobik sedangkan kebiasaan olahraga meningkatkan nilai kesamaptan aerobik pada Paskhas.

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Background: Several factors related to the value aerobic fitness affecting performance in carrying out someone's duties. This study aimed to identify several factors related to the value of aerobic fitness in Indonesian Air Force Special Paratrooper.

Methods: A cross-sectional study designed with purposive sampling among Indonesian Air Force Special Paratrooper. Data collection was conducted from 13 to 25 May 2013 in the 461st Battalion. The data obtained through interviews with questionnaires by researchers as well as guide the physical examination. Aerobic fitness examined by Cooper method, which calculates the distance run in meters for 12 minutes. Data were analyzed by linear regression.

Results: Total subjects who completed the study were 135 persons. The value of aerobic fitness between 2000-3100 meters with average 2552.78 ± 250.66 . There were three factors (age, BMI, and exercise habits over the last 3 months) associated with aerobic fitness. Increasing age for 1 year and 1 point BMI would reduce the value of aerobic fitness [coefficient regression (r) = -20.42; P = 0.000; 95% CI = -26.32;-14.53 and r = -22,28; P = 0.002; 95% CI = -36.08;-8.49 respectively]. Meanwhile, with the increasing frequency for 1 day per week exercise will increase the value of aerobic fitness (r = 14.67; P = 0.046; 95% CI =

6.65;35.98).

Conclusion: Increased BMI and age, lowered the aerobic fitness in Indonesian Air Force Special Paratrooper. While regular exercise increases the value of aerobic fitness.