

Determinan kebugaran kardiorespirasi pada siswa di 18 Sekolah Menengah Atas di Kota Bogor tahun 2014 = Determinants of cardiorespiratory fitness on students in 18 Senior High School in Bogor 2014 / Nariyah Handayani

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Abstrak

[ABSTRAK

Kebugaran merupakan prediktor dari penyakit degeneratif seperti penyakit kardiovaskular, diabetes mellitus dan lain sebagainya. Hasil tes kebugaran pada siswa sekolah menengah atas di kota Bogor yang dilakukan oleh Dinas Kesehatan pada tahun 2014, menyebutkan 91.29% siswa berada pada tingkat kebugaran kurang dan kurang sekali. Perilaku merokok, jenis kelamin, status gizi, frekuensi olahraga, serta lingkaran pinggang, kadar lipid dan tekanan darah, diperkirakan menjadi determinan kebugaran, menurut laporan Survei Kepatuhan terhadap KTR di Kawasan Sekolah tahun 2014, terdapat 15.18% siswa yang merokok. Penelitian ini bertujuan untuk melihat apa saja determinan kebugaran kardiorespirasi pada siswa di 18 sekolah menengah atas di Kota Bogor. Desain penelitian ini crosssectional menggunakan tiga data sekunder Dinkes Kota Bogor, tes kebugaran menggunakan metode TKJI untuk usia 16-19 tahun. Sampel penelitian didapatkan 354 responden yang tersebar pada 18 sekolah. Pada analisis regresi logistik ganda, ditemukan bahwa variabel jenis kelamin, status gizi, perilaku merokok dan lingkaran pinggang merupakan determinan kebugaran kardiorespirasi, dengan variabel jenis kelamin yang dominan berhubungan dengan kebugaran kardiorespirasi. Perlu dibuat program gerakan hidup aktif untuk penanganan masalah gemuk dan obesitas agar adanya peningkatan kebugaran jasmani. Bagi penelitian selanjutnya, perlu penggunaan metode pengukuran kebugaran TKJI secara lengkap atau dengan metode pengukuran yang lain seperti single-test, dan pengukuran aktivitas fisik yang lebih baik lagi.

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ABSTRACT

Fitness is predictor of degenerative diseases, such as cardiovascular disease, diabetes etc. Result on fitness test among high school students at Bogor, which was conducted by the city district health office in 2014, mentioned that 91.29% students were on poor fitness level. Smoking behavior, sex, nutritional status, sport frequency, blood lipid, waist circumference and blood pressure were estimated as determinant to fitness level, according to a report from Survei on Adherence of Non-Smoking Area on School Area in 2014, there are 15.18% of students were smoking. This research aims to see which factors are determinant to student's cardiorespiratory fitness in 18 high school at Bogor. Design of this

research was cross-sectional using three secondary data from Bogor District Health Office, fitness test using the TKJI method for the age of 16-19 years. Sample research obtained 354 respondents were scattered in 18 schools. On multiple logistic regression analysis, it was found that sex, nutritional status, smoking behavior and waist circumference are determinant to cardiorespiratory fitness, with sex were the dominant variable associate with cardiorespiratory fitness. The program on active lifestyle are needed to managing on overweight and obesity problem, thus increase level of fitness. For further research, full method on TKJI or other fitness measurement methods such as single-test are needed , and measurement of physical activity needs to be better again., Fitness is predictor of degenerative diseases, such as cardiovascular disease, diabetes etc. Result on fitness test among high school students at Bogor, which was conducted by the city district health office in 2014, mentioned that 91.29% students were on poor fitness level. Smoking behavior, sex, nutritional status, sport frequency, blood lipid, waist circumference and blood pressure were estimated as determinant to fitness level, according to a report from Survei on Adherence of Non-Smoking Area on School Area in 2014, there are 15.18% of students were smoking. This research aims to see which factors are determinant to student's cardiorespiratory fitness in 18 high school at Bogor. Design of this research was cross-sectional using three secondary data from Bogor District Health Office, fitness test using the TKJI method for the age of 16-19 years. Sample research obtained 354 respondents were scattered in 18 schools. On multiple logistic regression analysis, it was found that sex, nutritional status, smoking behavior and waist circumference are determinant to cardiorespiratory fitness, with sex were the dominant variable associate with cardiorespiratory fitness. The program on active lifestyle are needed to managing on overweight and obesity problem, thus increase level of fitness. For further research, full method on TKJI or other fitness measurement methods such as single-test are needed , and measurement of physical activity needs to be better again.]