

Perbedaan status kebugaran kardiorespiratori berdasarkan status gizi, aktivitas fisik dan faktor lainnya pada siswa SMAN 39 Jakarta tahun 2019 = Cardiorespiratory fitness status differences based on nutritional status, physical activity and other factors on SMAN 39 Jakarta students in 2019

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Abstrak

Kebugaran kardiorespirasi yang rendah dikaitkan dengan peningkatan risiko penyakit kardiovaskular. Penelitian ini bertujuan untuk menguji perbedaan kebugaran kardiorespirasi berdasarkan status gizi (IMT), persentase lemak tubuh, aktivitas fisik, konsumsi sarapan pagi, asupan gizi dan gizi mikro pada siswa SMAN 39 Jakarta sebelum dan sesudah dikontrol berdasarkan jenis kelamin. Penelitian ini menggunakan desain cross sectional. Sebanyak 131 responden dari SMAN 39 Jakarta dari kelas 10 dan 11 dilibatkan dalam penelitian ini. Asupan makanan diukur menggunakan penarikan makanan 1x24 jam, aktivitas fisik menggunakan PAQ-A, status gizi (BMI) diukur menggunakan BIA dan konsumsi sarapan diukur dengan kuesioner. Hasil penelitian menunjukkan bahwa 61,8% siswa tidak layak. Hasil analisis bivariat menunjukkan bahwa ada perbedaan yang signifikan antara status gizi (BMI), persentase lemak tubuh dan aktivitas fisik berdasarkan jenis kelamin pada status kebugaran kardiorespirasi pada siswa SMAN 39 Jakarta. Sementara itu, ada juga perbedaan dalam status kebugaran kardiorespirasi berdasarkan asupan Vitamin B2 pada siswa SMAN 39 Jakarta.

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Low cardiorespiratory fitness is associated with an increased risk of cardiovascular disease. This study aims to examine the differences in cardiorespiratory fitness based on nutritional status (BMI), body fat percentage, physical activity, breakfast consumption, nutrient intake and micronutrients in students of SMAN 39 Jakarta before and after being controlled by sex. This study uses a cross sectional design. A total of 131 respondents from SMAN 39 Jakarta from grades 10 and 11 were included in this study. Food intake was measured using 1x24 hour food withdrawal, physical activity using PAQ-A, nutritional status (BMI) was measured using BIA and breakfast consumption was measured by questionnaire. The results showed that 61.8% of students were not eligible. The results of the bivariate analysis showed that there were significant differences between nutritional status (BMI), body fat percentage and physical activity based on sex in cardiorespiratory fitness status in students of SMAN 39 Jakarta. Meanwhile, there were also differences in cardiorespiratory fitness status based on Vitamin B2 intake in Jakarta 39 High School students.