

## ABSTRAK

**Bahtiar Effendi. NIM 517240001. Hubungan Gaya Hidup Dengan Daya Tahan Tubuh Atlet Sepak Bola Di Pusat Pendidikan Dan Latihan Pelajar (PPLP) Sumatera Utara. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan.**

Salah satu olahraga yang mencetak banyak prestasi di Indonesia adalah sepak bola. Seorang atlet sepakbola harus memiliki daya tahan tubuh yang baik untuk dapat berlatih dan bertanding. Ada banyak faktor yang dapat mempengaruhi daya tahan tubuh atlet. Tujuan dari penelitian ini adalah untuk mengetahui karakteristik responden, gaya hidup responden, daya tahan tubuh responden, dan hubungan gaya hidup dengan daya tahan tubuh atlet. Populasi dalam penelitian ini adalah seluruh pelajar atlet sepakbola yang berada di dalam PPLP. Teknik sampel yang digunakan dalam penelitian ini adalah total sampling maka seluruh sampel dalam penelitian ini berjumlah 16 pelajar penelitian. Data gaya hidup dikumpulkan melalui wawancara menggunakan kuesioner dan data daya tahan tubuh dikumpulkan melalui *Bleep test*. Desain penelitian ini adalah *cross sectional*. Hasil penelitian kemudian diuji dengan uji korelasi *Rank Spearman*.

Berdasarkan hasil penelitian maka diperoleh Karakteristik responden dalam penelitian oleh responden rata-rata berusia 16,38 tahun, sebanyak 100% responden tengah menempuh bangku pendidikan SMA, sebanyak 93,75 persen orang tua responden dalam penelitian ini memiliki pendidikan terakhir SMA, sebanyak 93,75 persen orang tua responden dalam penelitian ini bekerja sebagai wiraswasta, dan rata-rata pendapatan orang tua responden dalam penelitian ini adalah Rp2,671,875 per bulan. Sebanyak 56,25 persen responden dalam penelitian ini memiliki gaya hidup yang sehat. Sebanyak 37,50 persen responden memiliki daya tahan tubuh kurang dengan rata-rata  $VO_{2max}$  sebesar 48,31 ml/kg/menit. Berdasarkan hasil analisis uji korelasi *Rank Spearman* menunjukkan adanya hubungan yang positif dan signifikan antara gaya hidup dan daya tahan tubuh atlet dengan nilai koefisien korelasi sebesar 0,591 dan p value 0,00 pada taraf signifikan 0,05 yang artinya semakin baik gaya hidup atlet maka semakin baik daya tahan tubuh atlet.



## ABSTRACT

**Bahtiar Effendi. NIM 517240001. The Relationship between Lifestyle and the Body Endurance of Football Athletes at the Student Education and Training Center (PPLP) in North Sumatra. Nutrition Study Program. Family Equality Education. Faculty of Engineering. Medan State University.**

One sport that has achieved many achievements in Indonesia is football. A football athlete must have good endurance to be able to train and compete. There are many factors that can influence an athlete's endurance. The aim of this research is to determine the characteristics of respondents, the respondent's lifestyle, the respondent's immune system, and the relationship between lifestyle and athlete's endurance. The population in this study were all football student athletes in the PPLP. The sampling technique used in this research was total sampling, so the entire sample in this research was 16 research students. Lifestyle data was collected through interviews using questionnaires and endurance data was collected through the Bleep test. The design of this research is cross sectional. The research results were then tested using the Rank Spearman correlation test.

Based on the results of the research, the characteristics of the respondents in the study were obtained, with the average respondent being 16.38 years old, as many as 100% of respondents were currently studying at high school, as many as 93.75 percent of the parents of respondents in this study had a high school education, as many as 93.75 percent of people The respondents' parents in this study worked as entrepreneurs, and the average income of the respondents' parents in this study was IDR 2,671,875 per month. As many as 56.25 percent of respondents in this study had a healthy lifestyle. As many as 37.50 percent of respondents had poor endurance with an average  $VO_{2max}$  of 48.31 ml/kg/minute. Based on the results of the Rank Spearman correlation test analysis, it shows that there is a positive and significant relationship between lifestyle and athlete's endurance with a correlation coefficient value of 0.591 and a p value of 0.00 at a significance level of 0.05, which means that the better the athlete's lifestyle, the better the athlete's endurance. ..

