

ABSTRAK

Gibraltar Faiz. Hubungan Pengetahuan Gizi dan Status Gizi dengan Kebugaran Jasmani Atlet Lari Jarak Menengah. Fakultas Teknik. Universitas Negeri Medan. 2026.

Prestasi Indonesia di cabang olahraga lari jarak menengah masih belum cukup baik dikarenakan daya tahan dan kebugaran jasmani yang kurang. Data kebugaran jasmani di provinsi Sumatera Utara menunjukkan skor indeks sebesar (0,162) yang artinya kebugaran jasmani di Sumatera utara masih rendah. Tujuan penelitian ini adalah untuk mengetahui karakteristik atlet, tingkat pengetahuan gizi, status gizi, kebugaran jasmani, hubungan pengetahuan gizi dengan kebugaran jasmani, hubungan status gizi dengan kebugaran jasmani, dan hubungan pengetahuan gizi dan status gizi dengan kebugaran jasmani.

Metode penelitian ini adalah kuantitatif dengan desain penelitian *cross sectional*. Penelitian ini dilakukan di Jl. Seruai, Kelurahan Sei Mati, Kecamatan Medan Labuhan, Sumatera Utara. Teknik pengambilan sampel menggunakan *total sampling/sampling* jenuh. Populasi dengan jumlah 34 orang diambil keseluruhnya. Teknik pengumpulan data pengetahuan gizi menggunakan kuesioner dengan 25 pertanyaan, status gizi menggunakan *WHO anthro plus*, dan kebugaran jasmani menggunakan *Cooper test*. Teknik analisis data menggunakan uji *rank spearman* dan regresi logistik biner.

Hasil penelitian menunjukkan pengetahuan gizi kurang 32,4%, sedang 47,1%, baik 20,6%. Status gizi dengan kategori kurus 8,8%, normal 82,4%, gemuk 8,8%. Kebugaran jasmani dengan kategori buruk 29,4%, cukup 52,9%, baik 11,8%, dan sangat baik 5,9%. Hasil uji *rank spearman* menunjukkan hubungan yang searah antara pengetahuan gizi dengan kebugaran jasmani dengan koefisien korelasi 0,641 dan *p-value* (0,000) dan hubungan yang berlawanan antara status gizi dengan kebugaran jasmani dengan koefisien korelasi -0,416 dan *p-value* (0,014). Hasil uji regresi logistik menunjukkan adanya hubungan pengetahuan gizi dengan kebugaran jasmani dengan *p-value* (0,009).

Kata kunci: Pengetahuan gizi, status gizi, kebugaran jasmani, lari jarak menengah

ABSTRACT

Gibraltar Faiz. The Relationship Between Nutritional Knowledge and Nutritional Status with Pyshical Fitness. Faculty of Engineering. Medan State University. 2026.

Indonesia's achievements in middle-distance running are still not good enough due to poor endurance and physical fitness. Physical fitness data in North Sumatra province shows an index score of (0.162), which means that physical fitness in North Sumatra is still low. The purpose of this study was to determine the characteristics of athletes, their level of nutritional knowledge, nutritional status, physical fitness, the relationship between nutritional knowledge and physical fitness, the relationship between nutritional status and physical fitness, and the relationship between nutritional knowledge and nutritional status with physical fitness.

This study used a quantitative cross-sectional research design. The study was conducted on Jl. Seruai, Sei Mati Village, Medan Labuhan District, North Sumatra. The sampling technique used total sampling/saturation sampling. The population consisted of 34 people, all of whom were included in the study. Data collection techniques for nutritional knowledge used a questionnaire with 25 questions, nutritional status used WHO Anthro Plus, and physical fitness used the Cooper test. Data analysis techniques used the Spearman rank test and binary logistic regression.

The results of the study show that nutritional knowledge is poor in 32.4% of cases, moderate in 47.1% of cases, and good in 20.6% of cases. Nutritional status is classified as thin in 8.8% of cases, normal in 82.4% of cases, and obese in 8.8% of cases. Physical fitness is classified as poor in 29.4% of cases, adequate in 52.9% of cases, good in 11.8% of cases, and very good in 5.9% of cases. The Spearman's rank test results showed a direct relationship between nutritional knowledge and physical fitness with a correlation coefficient of 0.641 and a p-value of 0.000, and an inverse relationship between nutritional status and physical fitness with a correlation coefficient of -0.416 and a p-value of (0.014). The results of the logistic regression test showed a relationship between nutritional knowledge and physical fitness with a p-value of (0.009).

Keyword: Nutritional knowledge, nutritional status, pyshical fitness, running