ABSTRAK

Eva Loisa Jesica Simanullang (6183210020) Judul "Survey Komposisi Tubuh Atlet Pada Cabang Olaraga *Cricket* Pemusatan Latihan Daerah (Pelatda) Pekan Olahraga Nasional XXI Aceh-Sumut Tahun 2024″. (Pembimbing:Nurhamida Sari Siregar)
Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2025.

Penelitian ini bertujuan untuk mengetahui gambaran komposisi tubuh atlet *cricket* putra dan putri Pelatda PON 2024, meliputi IMT, lemak tubuh total, lemak visceral, lemak bebas, dan massa otot. Metode penelitian ini menggunakan penelitian deskriptif kuantitatif. Desain penelitian yang digunakan adalah survei *cross sectional*. Sampel penelitian ini berjumlah 14 orang atlet *cricket* Unimed dengan teknik pengambilan sampel yaitu menggunakan teknik *total sampling*. Instrumen penelitian ini menggunakan timbangan BIA (*Bioelectrical Impedance Analysis*). Hasil penelitian menunjukkan bahwasanya mayoritas atlet *cricket* memiliki komposisi tubuh dalam kategori baik. Rata-rata IMT sebesar 23,54 (kategori normal hingga overweight). Lemak tubuh total rata-rata 26,08%, dengan sebagian atlet berada dalam kategori tinggi. Lemak visceral rata-rata 5,36, masih dalam batas normal. Lemak bebas tubuh rata-rata 76,54, menunjukkan proporsi jaringan non-lemak yang baik. Massa otot rata-rata 20,79 kg, dengan variasi signifikan antar individu. Kesimpulan penelitian ini adalah sebagian besar atlet *cricket* memiliki komposisi tubuh yang sehat. Namun, terdapat beberapa atlet dengan lemak tubuh tinggi, sehingga diperlukan program latihan dan nutrisi yang terarah dan individual untuk menjaga performa optimal.

Kata Kunci : Komposisi Tubuh, *Cricket*, Pelatda PON

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ABSTRACT

Eva Loisa Jesica Simanullang (6183210020) Title "Survey of Body Composition of Athletes in the *Cricket* Sports Branch of the Regional Training Center (Pelatda) of the XXI Aceh-North Sumatra National Sports Week in 2024". (Supervisor:Nurhamida Sari Siregar)
Thesis: Faculty of Sports Science UNIMED 2025.

This study aims to determine the body composition of male and female *cricket* athletes of Pelatda PON 2024, including BMI, total body fat, visceral fat, free fat, and muscle mass. This research method uses quantitative descriptive research. The research design used is a cross-sectional survey. The sample of this study was 14 Unimed *cricket* athletes with a sampling technique using the total sampling technique. This research instrument used the BIA (Bioelectrical Impedance Analysis) scale. The results showed that the majority of *cricket* athletes had a body composition in the good category. The average BMI was 23.54 (normal to overweight category). The average total body fat was 26.08%, with some athletes in the high category. The average visceral fat was 5.36, still within normal limits. The average free body fat was 76.54, indicating a good proportion of non-fat tissue. The average muscle mass was 20.79 kg, with significant variation between individuals. The conclusion of this study is that most *cricket* athletes have a healthy body composition. However, there are some athletes with high body fat, so a targeted and individualized training and nutrition program is needed to maintain optimal performance.

Keywords: Body Composition, *Cricket*, PON Pelatda

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