

ABSTRAK

Lita Asanti : Hubungan Asupan Energi Dan Aktivitas Fisik Dengan Kebugaran Jasmani Atlet Bola Voli Putra Di SMA Swasta Kartika 1-4 Pematangsiantar. Skripsi. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan.

Kebugaran jasmani merupakan kemampuan tubuh manusia dalam melakukan tugas pekerjaan sehari-hari tanpa menimbulkan kelelahan yang berarti. Untuk mencapai tingkat kebugaran jasmani yang tinggi, seseorang harus berlatih dengan metode latihan yang tepat yang mencakup komponen fisik. Aktivitas fisik salah satu faktor yang berhubungan dengan kebugaran jasmani atlet. Dalam melakukan aktivitas fisik otot membutuhkan energi, dan energi tersebut diperoleh dari proses metabolisme yang terjadi dalam tubuh. Kebutuhan energi manusia berasal dari makanan yang diperlukan untuk melakukan suatu aktivitas. Berdasarkan hasil observasi pada atlet bola voli putra di SMA Swasta Kartika 1-4 Pematangsiantar ditemukan 26% dari mereka mengalami penurunan performa. Penelitian ini dilakukan untuk mengetahui hubungan asupan energi dan aktivitas fisik dengan kebugaran jasmani atlet bola voli putra di SMA Swasta Kartika 1-4 Pematangsiantar.

Desain penelitian yang digunakan pada penelitian ini yaitu *cross sectional*. Penelitian dilaksanakan di tempat pelatihan atlet bola voli SMA Swasta Kartika 1-4 Pematangsiantar. Teknik sampling menggunakan *total sampling* sebanyak 30 orang. Data yang diukur adalah asupan energi dengan menggunakan *form food recall* 2x24 jam. Aktivitas fisik diukur menggunakan kuesioner *Physical Activity Level* (PAL) 2x24 jam. Kebugaran jasmani diukur menggunakan formulir Tes Kebugaran Jasmani Indonesia (TKJI). Analisis univariat bertujuan untuk mendeskripsikan karakteristik setiap variabel. Analisis bivariat menggunakan uji korelasi *Rank Spearman*. Analisis multivariat menggunakan analisis regresi linear berganda.

Hasil analisis univariat menunjukkan bahwa asupan energi atlet bola voli putra yaitu sangat kurang. Aktivitas fisik atlet bola voli putra yaitu sedang. Kebugaran jasmani atlet bola voli putra yaitu kurang. Hasil analisis bivariat menunjukkan tidak ada hubungan antara asupan energi dengan kebugaran jasmani ($p=0,944$) dan ada hubungan antara aktivitas fisik dengan kebugaran jasmani ($p=0,002$). Analisis regresi linear berganda menunjukkan terdapat hubungan antara asupan energi dan aktivitas fisik dengan kebugaran jasmani ($p=0,007$).

Kata Kunci : Asupan Energi, Aktivitas Fisik, Dan Kebugaran Jasmani.

ABSTRACT

Lita Asanti : The Relationship of Energy Intake and Physical Activity with Physical Fitness of Male Volleyball Athletes at Kartika 1-4 Private High School Pematangsiantar. Thesis. Nutrition Study Program. Family Welfare Education. Faculty of Engineering. State University of Medan.

Physical fitness is the ability of the human body to perform daily work tasks without causing significant fatigue. To achieve a high level of physical fitness, one must train with the right training method that includes physical components. Physical activity is one of the factors related to the physical fitness of athletes. In doing physical activity, muscles require energy, and this energy is obtained from the metabolic process that occurs in the body. Human energy needs come from food needed to carry out an activity. Based on the results of observations on male volleyball athletes at SMA Swasta Kartika 1-4 Pematangsiantar, it was found that 26% of them experienced a decline in performance. This study was conducted to determine the relationship between energy intake and physical activity with the physical fitness of male volleyball athletes.

The research design used in this study is cross sectional. The research was conducted at the training ground for volleyball athletes of SMA Swasta Kartika 1-4 Pematangsiantar. The sampling technique used total sampling of 30 people. The data measured was energy intake using a 2x24 hour food recall form. Physical activity was measured using the 2x24 hour Physical Activity Level (PAL) questionnaire. Physical fitness was measured using the Indonesian Physical Fitness Test (TKJI) form. Univariate analysis aims to describe the characteristics of each variable. Bivariate analysis uses the Rank Spearman correlation test. Multivariate analysis uses multiple linear regression analysis.

The results of univariate analysis showed that the energy intake of male volleyball athletes was very low. The physical activity of male volleyball athletes was moderate. The physical fitness of male volleyball athletes was low. The results of bivariate analysis showed that there was no relationship between energy intake and physical fitness ($p = 0.944$) and there was a relationship between physical activity and physical fitness ($p = 0.002$). Multiple linear regression analysis showed that there was a relationship between energy intake and physical activity and physical fitness ($p = 0.007$).

Keywords: Energy Intake, Physical Activity, And Physical Fitness.