

# HUBUNGAN STATUS GIZI (KADAR Hb, IMT) DAN AKTIFITAS FISIK DENGAN KESEGERAN JASMANI PADA SISWI SMK CUT NYA'DIEN SEMARANG

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Salah satu masalah gizi yang paling utama di Indonesia adalah anemia. Kelompok wanita usia subur termasuk remaja putri merupakan kelompok yang rawan terhadap masalah anemia. Gejala awal anemia berupa rasa lelah, lemah, lesu, nafsu makan berkurang dan daya konsentrasi menurun. Keadaan tersebut sangat berpengaruh bagi pelajar sebab dapat mengurangi daya tahan tubuh, menurunkan konsentrasi belajar dan kesegaran jasmani. Penelitian ini bertujuan untuk menganalisis hubungan status gizi (kadar Hb, IMT) dan aktifitas fisik dengan kesegaran jasmani pada siswi SMK Cut Nya'Dien Semarang. Jenis penelitian ini adalah penelitian *explanatory research* dengan metode survei dan menurut pendekatannya, penelitian ini termasuk penelitian *cross sectional*. Populasi dalam penelitian ini adalah semua siswi kelas 1 dan 2 SMK Cut Nya'Dien Semarang dengan jumlah sampel sebanyak 68 siswi. Pengambilan sampel dilakukan secara *proporsional random sampling*. Pengolahan dan analisis data dengan menggunakan komputer *SPSS 11.0 for windows*, serta diuji dengan uji korelasi *Pearson Product Moment*. Hasil penelitian menunjukkan bahwa sebanyak 64,7% siswi menderita anemia dan 35,3% siswi tidak anemia. IMT rata-rata 19,81. Sebagian besar siswi (64,7%) mempunyai IMT normal. Aktifitas fisik siswi dalam kategori sedang sebanyak 61,8% dan aktifitas ringan sebanyak 38,2%. Terdapat 16,2% siswi kesegaran jamaninya kurang, 50,0% siswi kesegaran jasmaninya sedang dan 33,8% siswi kesegaran jasmaninya baik. Hasil uji statistik menunjukkan bahwa ada hubungan status gizi (kadar Hb) dengan kesegaran jasmani ( $r=0,289$ ;  $p=0,017$ ). Ada hubungan status gizi (IMT) dengan kesegaran jasmani ( $r=-0,244$ ;  $p=0,045$ ). Tidak ada hubungan aktifitas fisik dengan kesegaran jasmani ( $r=0,090$ ;  $p=0,465$ ). Disarankan agar dilakukan advokasi kepada institusi pendidikan bekerjasama dengan institusi kesehatan untuk mensosialisasikan program Tablet Tambah Darah (TTD) dalam upaya penanggulangan anemia pada siswi di sekolah.

**Kata Kunci:** Status gizi, kadar Hb, IMT, aktifitas fisik, kesegaran jasmani

CORELATION BETWEEN NUTRITIONAL STATUS (HAEMOGLOBIN  
CONCENTRATION, BODY MASS INDEX), PHYSICAL ACTIVITIES AND PHYSICAL  
FITNESS ON FEMALE STUDENTS OF SMK CUT NYA'DIEN SEMARANG

*One of the most important nutrition problems in Indonesia is anaemia. The group of women of fertile age is inclusive of adolescent female represent group which contribute to anaemia problem. Symptoms of early anaemia in the form of feeling run down, weak, drained, to eat to decrease and energy of downhill concentration. The circumstance very much have an effect on for student of cause can lessen body endurance, degrading physical fitness and concentration learn downhill. The aim of this research is to analyse correlation between nutritional status (haemoglobin concentration, Body Mass Index), physical activities and physical fitness on female students of SMK Cut Nya'Dien Semarang. This research type is explanatory research with method of survey and approach of cross sectional. Population in this research is all on female students of class 1 and 2 SMK Cut Nya'Dien Semarang with amount of sample counted 68 female students. Intake of the sample done with proportional random sampling. Processing and analyse data done by using computer of SPSS 11.0 for windows, and also the analyse to be used by correlation test of Pearson Product Moment. Result of research indicate that as much 64,7% suffering anaemia and 35,3% do not the anaemia. Body Mass Index mean 19,81. Mostly the female students have normal Body Mass Index as much 64,7%. Physical activity at female students in moderate category as much 61,8% and light activity as much 38,2%. There are 16,2% physical fitness on female students less, 50,0% physical fitness on female students is moderate category and 33,8% physical fitness on female students is good. Statistical test result so that there is correlation haemoglobin concentration with physical fitness ( $r = 0,289$ ;  $p = 0,017$ ). There is correlation Body Mass Index with physical fitness ( $r = -0,244$ ;  $p = 0,045$ ). There no correlation physical activity with physical fitness ( $r = 0,090$ ;  $p = 0,465$ ). Suggested that to be done advocacy to institution of education work long with institution of health to socialize program of Tablet Tambah Darah (TTD) in the effort prevention of anaemia on female students at school.*