

**KAJIAN ASPEK FISIOLOGIS, ANTROPOMETRI DAN DEMOGRAFIS
DENGAN PRESTASI ATLET BERDASARKAN
ETNIS DI NTB**

DISERTASI

**Diajukan untuk memenuhi sebagian syarat untuk memperoleh
gelar Doktor Pendidikan Olahraga**



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**PROGRAM DOKTORAL PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2024**

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**KAJIAN ASPEK FISIOLOGIS, ANTROPOMETRI DAN DEMOGRAFIS
DENGAN PRESTASI ATLET BERDASARKAN
ETNIS DI NTB**

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UPI Bandung, 2024

Sebuah Disertasi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Doktor pada Sekolah Pascasarjana Program Studi Pendidikan Olahraga

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Agustus 2024

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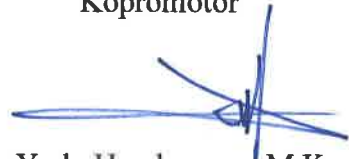
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Baiq Satrianingsih

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Baiq Satrianingsih

Kajian Aspek fisiologis, Antropometri Dan Demografis Dengan Prestasi Atlet Berdasarkan Etnis Di NTB

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Pendidikan Olahraga, Sekolah Pascasarjana

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ABSTRAK

Pembinaan olahraga di NTB belum terpolakan berdasarkan wilayah sendiri sehingga diperlukan data otentik tentang prestasi atlet dari masing-masing etnis yang ada di NTB agar dapat mendongkrak prestasi NTB baik nasional maupun internasional. Penelitian ini dijadikan dasar untuk menguji Seberapa besar kontribusi aspek fisiologis, antropometri dan demografis dengan prestasi atlet berdasarkan Etnis di NTB. Instrument penelitian berbasis fisiologis ini terdiri dari: 1) Kadar Oksigen dalam darah (*Oximeter*), 2) Kapasitas oksigen dalam paru VO_{2max} (*Spirometer*), 3) Body Composition (*healthcare body composition monitor*). Metode yang digunakan yaitu deskriptif korelasi. Partisipan yang digunakan dalam penelitian ini adalah atlet berprestasi yang berlaga di PORPROV NTB 2023 dengan jumlah 150 orang atlet, tersebar di tiga etnis yang berbeda yaitu Sasak, Samawa dan Mbojo. Hasil penelitian yaitu 1) Terdapat hubungan antara aspek demografi (usia dan jenis kelamin) dengan prestasi atlet berdasarkan Etnis NTB, 2) Terdapat hubungan antara aspek antropometri (Lemak di Bawah Kulit) dengan prestasi atlet berdasarkan Etnis NTB, 3) Terdapat hubungan antara aspek fisiologis (*Peak Expiratory Flow* dan DN Istirahat) terhadap prestasi atlet berdasarkan Etnis NTB, 4) Atlet usia remaja memiliki peluang yang sangat tinggi untuk tidak berprestasi dibandingkan dengan seniornya. Faktor inilah yang merupakan faktor paling dominan terhadap prestasi atlet.

Kata kunci: *Aspek fisiologis, Aspek Antropometri, Aspek Demografis, Prestasi Atlet, Etnis NTB*

Study of physiological, anthropometric and demographic aspects of athlete performance
based on ethnicity in NTB

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ABSTRACT

Sports development in NTB has not been patterned based on its own region, so authentic data is needed about the achievements of athletes from each ethnicity in NTB in order to boost NTB's achievements both nationally and internationally. This research is used as a basis for testing how much physiological, anthropometric and demographic aspects contribute to athlete performance based on ethnicity in NTB. The physiological-based research instruments consisted of: 1) Blood Oxygen Level (Oximeter), 2) Maximum Oxygen Capacity in the lungs VO₂max (Spirometer), 3) Body Composition (healthcare body composition monitor). The method used is descriptive correlation. The participants used in this study are outstanding athletes competing in PORPROV NTB 2023 with a total of 150 athletes, spread across three different ethnicities namely Sasak, Samawa and Mbojo. The results of the study are 1) There is a relationship between demographic characteristics (age and gender) with athletes' achievement based on NTB Ethnicity. 2) There is a relationship between anthropometric characteristics (Subcutaneous Fat) with athletes' achievement based on NTB Ethnicity, 3) There is a relationship between physiological characteristics (Peak Expiratory Flow and Resting Heart Rate) to athletes' achievement based on NTB Ethnicity. 4) Teenage athletes have a significantly higher chance of underperformance compared to their seniors. This factor emerges as the most dominant factor affecting athletes' performance.

Keywords: Physiological aspects, anthropometric aspects, demographic aspects, athlete performance, NTB ethnicity

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