

ABSTRAK

HUBUNGAN ASUPAN GIZI DENGAN KEBUGARAN JASMANI PADA SISWA YANG MENGIKUTI EKSTRAKURIKULER OLAHRAGA DI SMA NEGERI 1 SUKAGUMIWANG INDRAMAYU

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Kebugaran jasmani merupakan derajat sehat dinamis seseorang yang dapat melaksanakan tugas dengan efien tanpa lelah berlebih, untuk mencapai kebugaran jasmani dapat dilakukan dengan beberapa faktor salah satunya dengan asupan gizi yang baik. Tujuan penelitian ini untuk mengetahui gambaran asupan gizi, gambaran kebugaran jasmani, serta hubungan asupan gizi dengan kebugaran jasmani. Metode penelitian yang digunakan yaitu deskriptif korelasi. Sampel yang digunakan sebanyak 45 orang dari siswa yang aktif mengikuti kegiatan ekstrakurikuler olahraga di SMAN 1 Sukagumiwang diambil menggunakan metode *purposiv sampling*. Instrumen yang digunakan ialah *recall* 2 X 24 jam dan tes kesegaran jasmani Indonesia (TKJI) untuk anak SMA dengan validitas 0,72 dan reliabilitas 0,92. Hasil penelitian menunjukkan nilai rata-rata dari hasil *recall* 2 X 24 jam ialah 96% siswa defisit berat, 98% siswa kurang karbohidrat, 82% siswa kurang protein, 100% siswa lebih lemak dan dari tes kebugaran jasmani 64% siswa pada kategori sedang, 51% siswa kurang pada tes lari 60m, 56% siswa sedang pada tes angkat tubuh, 47% siswa baik pada tes baring duduk, 64% siswa sedang pada tes loncat tegak, serta 62% siswa kurang pada tes lari 1000m (putri) dan 1200m (putra). Nilai dari uji korelasi kedua variabel yaitu 0,085 dan sumbangsih X terhadap Y sebesar 9,5% yang berarti tidak terdapat hubungan yang signifikan antara asupan gizi dengan kebugaran jasmani pada siswa yang mengikuti kegiatan ekstrakurikuler olahraga di SMA Negeri 1 Sukagumiwang Indramayu.

Kata Kunci: Asupan Gizi, Siswa Ekstrakurikuler Olahraga, Kebugaran Jasmani

ABSTRACT

THE RELATIONSHIP OF NUTRIENT INTAKE AND PHYSICAL FITNESS OF STUDENTS WHO TAKE SPORT EXTRACURRICULAR IN SMA NEGERI SUKAGUMIWANG INDRAMAYU

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Physical fitness is health scale of dynamic person who can do task efficiently without excessive fatigue, to achieve physical fitness can be done with several factors, one of them by good nutritional intake. The purpose of this research is to know the description of nutritional intake, physical fitness, as well as relation between nutritional intake and physical fitness. The method which is used in this research was descriptive correlation. The sample was taken from 45 students who actively participated in extracurricular sports in SMAN 1 Sukagumiwang by used purposive sampling method. The instrument that used was 2 X 24-hour recall and physical fitness tests Indonesia (TKJI) for high school students with the validity and reliability of 0.92 to 0.72. The results showed the average value of 2 X 24-hour recall 96% were severe deficits, 98% students were less carbohydrates, 82% students were less protein, 100% students were more fat and test of physical fitness showed that 64% students in the middle category, 51% of students were less in a test run 60m, 56% students were in middle category on the test body lift, 47% students were in good category on rest sitting test, 64% of students were in the middle category of upright jump test, and 62% students are less in a test run 1000m (Female) and 1200m (Male). The value of the correlation between the two variables was 0.085 and the contribution of X to Y as much as 9.5%, which means that there is no significant relationship between nutrient intake with physical fitness toward students who participated in sports extracurricular of SMA Negeri 1 Sukagumiwang Indramayu.

Key Words: Nutrien Intake, Student of Sports Extracurricular, Physical Fitness