

**HUBUNGAN TINGKAT AKTIVITAS FISIK DAN KADAR HEMOGLOBIN  
DENGAN KEBUGARAN FISIK DAN MOTIVASI BELAJAR REMAJA PUTRI DI  
PONDOK PESANTREN KRAPYAK KOTA YOGYAKARTA PADA MASA  
PANDEMI COVID-19**

Muhammad In'am Jawazi, Dr. Toto Sudargo, SKM, M.Kes.,  
Dr. Fatma Zuhrotun Nisa`, STP., M.P.

**INTISARI**

**Latar Belakang:** Anemia merupakan salah satu permasalahan defisiensi gizi yang terjadi secara global terkait dengan kondisi abnormalitas kadar hemoglobin. Kondisi tersebut dapat terjadi pada semua golongan usia, namun remaja putri merupakan salah satu kelompok yang paling memiliki kerentanan mengalami anemia. Pandemi Covid-19 secara tidak langsung berpotensi memberikan dampak penurunan produktivitas, kebugaran fisik, hingga penurunan motivasi belajar. Oleh karena itu penelitian ini memiliki ketertarikan untuk mengetahui hubungan aktivitas fisik pada remaja putri terhadap kebugaran dan kadar hemoglobin, serta menganalisa lebih lanjut hubungan kadar hemoglobin dan kebugaran fisik terhadap motivasi belajar. Penelitian dilakukan secara spesifik pada remaja putri pada pondok pesantren sebagai salah satu lembaga pendidikan dengan populasi remaja yang besar di Indonesia.

**Tujuan:** Penelitian ini bertujuan mengetahui hubungan tingkat aktivitas fisik dan kadar hemoglobin terhadap kebugaran fisik dan motivasi belajar remaja putri di Pondok Pesantren Krapyak Kota Yogyakarta pada masa pandemi Covid-19.

**Metode:** Penelitian ini menggunakan rancangan penelitian *cross-sectional* dan pendekatan secara observasional analitik. Subjek pada penelitian ini berjumlah 162 orang yang dipilih melalui *purposive sampling*. Data tingkat aktivitas fisik dan motivasi belajar dikumpulkan melalui pengisian kuesioner IPAQ-SF (*International Physical Activity Questionnaire*) dan MSLQ (*Motivated Strategies for Learning Questionnaire*). Data kebugaran fisik didapatkan dengan metode *Harvard Step-Up Test*. Analisis data bivariat menggunakan *chi-square*.

**Hasil:** Hasil dari penelitian ini menunjukkan adanya hubungan antara tingkat aktivitas fisik dengan kebugaran fisik dan kadar hemoglobin dengan hasil analisis yang menunjukkan nilai  $p < 0.05$ . Namun tidak didapatkan hubungan yang signifikan antara tingkat kebugaran fisik dan kadar hemoglobin terhadap motivasi belajar yang dibuktikan oleh nilai  $P > 0.05$ .

**Kesimpulan:** Terdapat hubungan yang signifikan antara tingkat aktivitas fisik dengan kebugaran fisik dan kadar hemoglobin. Namun tidak terdapat hubungan yang signifikan antara tingkat kebugaran fisik dan kadar hemoglobin terhadap motivasi belajar remaja putri.

**Kata Kunci:** Anemia, Remaja putri, Aktivitas Fisik, Kebugaran, Motivasi, Covid-19

**RELATIONSHIP BETWEEN PHYSICAL ACTIVITY LEVEL AND HEMOGLOBIN  
LEVEL WITH PHYSICAL FITNESS AND MOTIVATION TO LEARN OF  
ADOLESCENT AT KRAPYAK ISLAMIC BOARDING SCHOOL YOGYAKARTA  
DURING THE PANDEMIC COVID-19.**

Muhammad In'am Jawazi, Dr. Toto Sudargo, SKM, M.Kes.,  
Dr. Fatma Zuhrotun Nisa`, STP., M.P.

**ABSTRACT**

**Background:** Anemia is the foremost prevalent nutritional insufficiency disorder within the world. It affects all age bunches but the most powerless are adolescent girls group. Severe risks associated with the Covid-19 pandemic are also linked to its indirect consequences in adolescents. A more sedentary lifestyle, a lack of physical fitness, and poor motivation are among them. As a result, the goal of this study is to learn more about the relationship between adolescent girls' physical activity, fitness, and hemoglobin levels, and also to investigate the impact of hemoglobin levels and physical fitness on learning motivation. The study targeted young women in islamic boarding schools, which are conventional instructional institutions with a large population of adolescents.

**Objective:** This study was aimed to analyze the relationship between physical activity and hemoglobin levels with physical fitness and motivation to learn of adolescence at Krapyak Islamic Boarding School Yogyakarta during the pandemic Covid-19.

**Method:** This study was analytic observational with a cross-sectional design. Purposive sampling was used to select 162 female students as respondents. Physical activity and motivation to learn were obtained primarily form IPAQ-SF (International Physical Activity Questionnaire) and MSLQ (Motivated Strategies for Learning Questionnaire). Physical fitness and hemoglobin levels data were obtained through direct measurements Harvard Step-Up Test and Blood Test. Data were analyzed with the Chi-Square Test.

**Results:** The results showed that there was significant relationship between physical activity with hemoglobin levels and physical fitness with p value less than 0.05. But there was no significant relationship between hemoglobin levels and physical fitness with motivation to learn with p value > 0.05.

**Conclusion:** There was significant correlation between physical activity with hemoglobin levels and physical fitness. But there was no significant correlation between hemoglobin levels and physical fitness with motivation to learn

**Keyword:** Anemia, Adolescents, Physical activity, Fitness, Motivation, Covid-19