

HUBUNGAN STATUS GIZI BERDASARKAN IMT/U DAN AKTIVITAS FISIK DENGAN KEMAMPUAN MOTORIK BERDASARKAN LONCAT TINGGI DAN DUDUK RAIH PADA REMAJA USIA 13-15 TAHUN DI KULONPROGO, YOGYAKARTA

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ABSTRAK

Latar belakang: Kemampuan motorik merupakan salah satu komponen penting kebugaran jasmani pada remaja yang dapat dipengaruhi oleh berbagai faktor, termasuk status gizi dan aktivitas fisik. Status gizi mencerminkan kondisi tubuh yang berperan dalam fungsi fisiologis dan performa fisik, sedangkan aktivitas fisik memberikan stimulus terhadap perkembangan kemampuan motorik seperti daya ledak otot dan fleksibilitas.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan status gizi berdasarkan IMT/U dan aktivitas fisik dengan kemampuan motorik berdasarkan loncat tinggi dan duduk raih pada remaja usia 13–15 tahun di Kulonprogo, Yogyakarta.

Metode: Penelitian ini menggunakan desain *cross-sectional* dengan melibatkan 175 siswa SMP usia 13–15 tahun di Kulonprogo, Yogyakarta. Status gizi ditentukan menggunakan Z-score IMT/U berdasarkan standar WHO, aktivitas fisik diukur menggunakan *Physical Activity Questionnaire for Children (PAQ-C)*, sedangkan kemampuan motorik dinilai melalui tes loncat tinggi dan tes duduk raih. Analisis hubungan antar variabel dilakukan menggunakan uji korelasi Spearman Rank dengan tingkat signifikansi $p < 0,05$.

Hasil: Hasil penelitian menunjukkan bahwa status gizi tidak berhubungan secara signifikan dengan loncat tinggi ($r=0,075$; $p=0,321$) maupun duduk raih ($r=0,052$; $p=0,498$). Sebaliknya, aktivitas fisik berhubungan positif dan signifikan dengan loncat tinggi ($r=0,291$; $p < 0,001$) dan duduk raih ($r=0,211$; $p=0,005$).

Kesimpulan: Dalam penelitian ini, semakin tinggi tingkat aktivitas fisik, semakin tinggi pula kemampuan loncat tinggi dan duduk raih pada remaja. Sebaliknya, status gizi berdasarkan IMT/U tidak menunjukkan hubungan yang signifikan dengan kemampuan loncat tinggi maupun duduk raih.

Kata kunci: status gizi, aktivitas fisik, kemampuan motorik, loncat tinggi, duduk raih

**THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS BASED ON
BMI-FOR-AGE AND PHYSICAL ACTIVITY WITH MOTOR SKILLS BASED ON
VERTICAL JUMP AND SIT-AND-REACH PERFORMANCE AMONG
ADOLESCENTS AGED 13-15 YEARS IN KULONPROGO, YOGYAKARTA**

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ABSTRACT

Background: Motor skills are an important component of physical fitness among adolescents and may be influenced by several factors, including nutritional status and physical activity. Nutritional status reflects the body's physiological condition that may affect physical performance, while physical activity provides stimulus for the development of motor abilities such as muscular power and flexibility.

Objective: This study aimed to analyze the relationship between nutritional status based on BMI-for-age and physical activity with motor skills based on vertical jump and sit-and-reach performance among adolescents aged 13–15 years in Kulonprogo, Yogyakarta.

Method: This study used a cross-sectional design involving 175 junior high school students aged 13–15 years in Kulonprogo, Yogyakarta. Nutritional status was determined using BMI-for-age Z-score based on WHO standards, physical activity was assessed using the Physical Activity Questionnaire for Children (PAQ-C), and motor skills were measured using the vertical jump test and sit-and-reach test. Data were analyzed using the Spearman Rank correlation test with a significance level of $p < 0.05$.

Results: The results showed that nutritional status was not significantly associated with vertical jump ($r = 0.075$; $p = 0.321$) or sit-and-reach performance ($r = 0.052$; $p = 0.498$). In contrast, physical activity was positively and significantly associated with vertical jump ($r = 0.291$; $p < 0.001$) and sit-and-reach performance ($r = 0.211$; $p = 0.005$).

Conclusion: In this study, higher levels of physical activity were associated with better performance in both standing broad jump and sit-and-reach tests among adolescents. Conversely, nutritional status based on the BMI-for-age (IMT/U) index did not show a significant correlation with either the standing broad jump or the sit-and-reach performance.

Keyword: nutritional status, physical activity, motor skills, vertical jump, sit-and-reach