UNIVERSITAS
GADJAH MADA
HUBUNGAN ANTARA STATUS SOSIAL EKONOMI, STATUS GIZI, DAN AKTIVITAS FISIK DENGAN KEBUGARAN JASMANI
(KAJIAN PADA SISWA SMA NEGERI 1 JETIS KABUPATEN BANTUL)
ZUMRIA, Dra. Neni Trilusiana R., M.Kes., Ph.D.; Janatin Hastuti, S.Si., M.Kes., Ph.D.
Universitas Gadjah Mada, 2017 | Diunduh dari http://etd.repository.ugm.ac.id/

INTISARI

Latar belakang: Kebugaran jasmani merupakan salah satu pencapaian dari budaya hidup sehat individu atau masyarakat pada umumnya. Di usia muda, tingkat kebugaran jasmani menjadi sangat penting untuk menilai pencapaian derajat kesehatan, khususnya sebagai penunjang untuk kesehatan, pertumbuhan, perkembangan, dan prestasi.

Tujuan penelitian: Penelitian ini bertujuan untuk menganalisis hubungan status sosial ekonomi, status gizi, dan aktivitas fisik dengan kebugaran jasmani siswa di SMA Negeri 1 Jetis Kabupaten Bantul.

Metode penelitian: Penelitian kuantitatif dengan desain studi *cross sectional*. Subjek pnelitian diambil sebanyak 291 siswa dari SMA Negeri 1 Jetis Kabupaten Bantul. Kebugaran jasmani siswa di ukur dengan menggunakan Tes Kesegaran Jasmani Indonesia (TKJI), status sosial ekonomi menggunakan indikator tingkat pendidikan dan jenis pekerjaan orang tua, status gizi di ukur melalui indeks massa tubuh, aktifitas fisik di ukur melalui kuesioner aktivitas fisik. Uji *chi-square* digunakan untuk menganalisis hubungan variabel bebas dengan variabel terikatnya.

Hasil penelitian: Berdasar hasil penelitian diketahui bahwa jumlah persentase siswa status sosial ekonomi dengan pendidikan orang tua rendah (49,83%), sedang (36,77%), dan tinggi (13,40%). Jumlah persentase siswa status sosial ekonomi dengan pekerjaan orang tua rendah (32,65%), sedang (58,76%), dan tinggi (8,59%). Jumlah persentase siswa status gizi kurus (29,90%), normal (38,14%), dan gemuk (31,96%). Jumlah persentase siswa aktivitas fisik rendah (33,33%), sedang (38,49%), dan tinggi (28,18%). Jumlah persentase siswa kebugaran jasmani kurang sekali (31,27%), kurang (36,08%), dan sedang (32,65%). Hasil analisis *chi-square* dengan taraf signifikasi (p) $\leq$ 0,05, diketahui ada hubungan antara status sosial ekonomi (indikator pendidikan orang tua siswa) dengan kebugaran jasmani (p = 0,025), ada hubungan antara status sosial ekonomi (indikator pekerjaan orang tua siswa) dengan kebugaran jasmani (p = 0,009), ada hubungan antara status gizi dengan kebugaran jasmani (p = 0,045), dan ada hubungan antara aktivitas fisik dengan kebugaran jasmani (p = 0,010).

Kesimpulan: Berdasarkan hasil di atas, dapat disimpulkan bahwa status sosial ekonomi, status gizi, dan aktivitas fisik mempengaruhi kebugaran jasmani individu.

Kata kunci: kubugaran jasmani, status sosial ekonomi, status gizi, aktivitas fisik

UNIVERSITAS
GADJAH MADA
**HUBUNGAN ANTARA STATUS SOSIAL EKONOMI, STATUS GIZI, DAN AKTIVITAS FISIK DENGAN KEBUGARAN JASMANI
(KAJIAN PADA SISWA SMA NEGERI 1 JETIS KABUPATEN BANTUL)**
ZUMRIA, Dra. Neni Trilusiana R., M.Kes., Ph.D.; Janatin Hastuti, S.Si., M.Kes., Ph.D.
Universitas Gadjah Mada, 2017 | Diunduh dari http://etd.repository.ugm.ac.id/

ABSTRACK

Background: Physical fitness is one of the achievements of a healthy living culture of the individual or society in general. At a young age, the level of physical fitness remains matter to assess the achievement of health status, especially as a support for health, growth, development, and recognition.

Objective: To analyze the relationship of socioeconomic status, nutritional status, and physical activity with physical fitness of students at SMA Negeri 1 Jetis Bantul Regency.

Methods: This is quantitative research with cross sectional study design. Sample of the study was 291 students of SMA Negeri 1 Jetis-Bantul. The physical fitness of the students was measured using the Indonesian Physical Fitness Test, socioeconomic status using indicators of education level and type of parent occupation, nutritional status is measured through body mass index, physical activity was measured through physical activity questionnaire. Chi-square test was used to analyze the relationship between independent variables and the dependent variable.

Results: Based on the results of the research it is known that the percentage of students of socioeconomic status with parental education is low (49.83%), moderate (36.77%), and high (13.40%). The number of percentage of students in socioeconomic status with low category parental job was (32.65%), moderate (58,76%), and high (8,59%). The number of percentage of students in nutritional status with thin category was (29,90%), normal (38,14%), and pre-obesity (31,96%). The number of percentage of students in physical activity with low category was (33,33%), moderate (38,49%), and high (28,18%). The number of physical fitness students with poor category was (31,27%), fair (36,08%), and moderate (32,65%). The result of chi-square analysis with significance level of $p \leq 0.05$, known there was a relationship between socioeconomic status (indicator of parent education) with physical fitness (OR = 1,111), there was a relationship between socioeconomic status (indicator of parent job) with physical fitness (OR = 1,459), there was a relationship between nutritional status with physical fitness (OR = 0,609) and there was a relationship between physical activity and physical fitness (OR = 7,255).

Conclusion: Based on findings, it can be concluded that socioeconomic status, nutritional status, and physical activity are significantly related to the physical fitness.

Keywords: physical fitness, socioeconomic status, nutritional status, physical activity