

# Hubungan antara status gizi, asupan gizi, dan aktivitas fisik dengan VO<sub>2</sub>max pada Mahasiswa Program Studi Gizi FKM UI tahun 2012 = Relationship between nutritional status, nutrient intake and physical activity with VO<sub>2</sub>max in Undergraduate Students of Public Health University of Indonesia Majoring Nutrition in 2012

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## Abstrak

Skripsi ini membahas hubungan antara indeks massa tubuh (IMT), persen lemak tubuh (PLT), asupan zat gizi makro (kalori, karbohidrat, lemak dan protein), asupan zat gizi mikro (tiamin, riboflavin, piridoksin, vit.C dan Fe), dan aktivitas fisik dengan VO<sub>2</sub>max. Penelitian ini adalah penelitian kuantitatif dengan desain cross sectional yang dilakukan pada 81 mahasiswa Reguler Gizi Kesehatan Masyarakat FKM UI angkatan 2010 dan 2011. VO<sub>2</sub>max diukur dengan menggunakan alat Fitmate Med Hasil uji korelasi menunjukkan hubungan negatif antara IMT ( $r = -0,231$ ) dan persen lemak tubuh ( $r = -0,447$ ) dengan VO<sub>2</sub>max pada responden keseluruhan. Terdapat hubungan positif antara asupan Fe ( $r = 0,231$ ), dan aktivitas fisik ( $r = 0,338$ ) dengan VO<sub>2</sub>max pada responden keseluruhan. Diperlukan penelitian lebih lanjut dengan sampel yang lebih besar pada atlet dengan pengendalian yang lebih ketat terhadap faktor-faktor lain yang berpotensi menyebabkan bias dalam penelitian agar korelasi variabel independen dengan data VO<sub>2</sub>max dapat merepresentasikan kekuatan hubungan yang sebenarnya.

.....This thesis discusses the relationship between body mass index (BMI), body fat percent (BFP), the intake of macro nutrients (calories, carbohydrates, fats and proteins), the intake of micro nutrients (thiamin, riboflavin, pyridoxine, vit. C and Fe), and physical activity with VO<sub>2</sub>max. The study was a quantitative study with cross sectional design conducted in 81 undergraduate students of Public Health University of Indonesia majoring Nutrition in 2012. VO<sub>2</sub>max was measured by using Fitmate Med. The result of correlation test showed a negative relationship between BMI ( $r = -0,231$ ) and percent body fat ( $r = -0,447$ ) with VO<sub>2</sub>max in the overall respondents. Artifacts positive association between intake of Fe ( $r = 0,231$ ) and physical activity ( $r = 0,338$ ) with VO<sub>2</sub>max in the overall respondents. There were no significant relationship between other independent variables with VO<sub>2</sub>max. Further research is needed with larger samples in athletes with a more strict control of other factors that could potentially lead to bias in the study so that the data correlation with VO<sub>2</sub>max independent variables can represent the real strength of the relationship.