

Perbandingan nilai estimasi VO₂max, aktivitas fisik, status gizi, dan asupan gizi antara Kelompok Peserta dan Non Peserta Ekstrakurikuler Olahraga di SMA Yaspen Tugu Ibu I Depok Tahun 2013 = Comparison of estimated VO₂max, physical activity, nutritional status, and nutritional intakes between Participants and Non Participants of Sport Extracurricular at SMA Yaspen Tugu Ibu I Depok 2013.

Ike Pramitha Mahatmi, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20345745&lokasi=lokal>

Abstrak

Penelitian ini bertujuan untuk membandingkan nilai estimasi VO₂max aktivitas fisik status gizi dan asupan gizi energi protein vitamin B1 vitamin C zat besi dan kalsium antara kelompok peserta dan non peserta ekstrakurikuler olahraga Penelitian dilakukan dengan menggunakan desain ecological study Sampel dalam penelitian ini adalah 66 orang siswa laki laki berusia 16 ndash 18 tahun yang terbagi menjadi dua kelompok yaitu 33 orang peserta ekstrakurikuler olahraga dan 33 orang non peserta ekstrakurikuler olahraga Pengambilan data dilakukan pada bulan Maret hingga April 2013 di SMA Yaspen Tugu Ibu I Depok Nilai estimasi VO₂max diperoleh melalui 20 m shuttle run test

Hasil penelitian menunjukkan bahwa nilai estimasi VO₂max pada kelompok peserta ekstrakurikuler olahraga lebih tinggi secara signifikan dibandingkan kelompok non peserta ekstrakurikuler olahraga Selain itu aktivitas fisik status gizi asupan protein asupan zat besi dan asupan kalsium antara kelompok peserta dan non peserta ekstrakurikuler olahraga diketahui juga berbeda secara signifikan Sekolah dianjurkan untuk menambah jenis ekstrakurikuler olahraga agar siswa tertarik untuk berolahraga Selain itu sekolah juga diharapkan mampu memberikan penghargaan atas pencapaian siswa di bidang olahraga melakukan tes kebugaran kompetisi olahraga penimbangan berat badan pengukuran tinggi badan dan penyuluhan gizi secara berkala

.....The purpose of this study was to compare estimated VO₂max physical activity nutritional status and nutritional intakes energy protein vitamin B1 vitamin C iron and calcium between participants and non participants of sport extracurricular This study was an ecological study Sample of this study were consisted of 66 male students aged 16 ndash 18 and divided into two groups which were 33 participants of sport extracurricular and 33 non participants of sport extracurricular The data were collected from March to April 2013 at SMA Yaspen Tugu Ibu I Depok Estimated VO₂max was measured by using 20 m shuttle run test The results showed that estimated VO₂max in participants of sport extracurricular were significantly higher than non participants of sport extracurricular Besides estimated VO₂max physical activity nutritional status protein intake iron intake and calcium intake between participants and non participants of sport extracurricular were significantly different as well The school is suggested to add various kinds of sport extracurricular in order to make students more interested in engaging in sport activities In addition to suggestions school is also expected to give reward for student's achievement in sport examine cardiovascular fitness do sport competition weight and height measurement and nutrition education regularly