

# Perbandingan Tinggi Badan, Aktivitas Fisik, Dan Asupan Gizi Antara Remaja Putri Perenang Dan Remaja Putri Bukan Perenang Di Klub Renang Terpilih Dan SMPI Al-Azhar 4 Kemandoran Jakarta Tahun 2013 = Comparison Of Height, Physical Activity, And Nutritional Intakes In Adolescent Female Swimmers And Adolescent Female Non Swimmers At Selected Swim Club And SMPI Al-Azhar 4 Kemandoran Jakarta 2013

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## Abstrak

Skripsi ini bertujuan untuk membandingkan tinggi badan, aktivitas fisik, dan asupan gizi antara remaja putri perenang dan remaja putri bukan perenang. Penelitian ini menggunakan desain studi ecological study. Pengambilan data dilakukan pada bulan Maret – April 2013 di SMPI Al-Azhar 4 Kemandoran, Kolam Renang GOR Senayan, Kolam Renang Simprug Pertamina, dan Kolam Renang Cikini dengan sampel sebanyak 26 orang remaja perenang dan 26 orang remaja bukan perenang. Hasil penelitian menunjukkan terdapat perbedaan yang bermakna antara tinggi badan ( $p=0,041$ ) pada kelompok perenang dan kelompok bukan perenang. Aktivitas fisik pada kedua kelompok tersebut juga terdapat perbedaan yang bermakna ( $p=0,001$ ). Nilai rata-rata asupan kelompok perenang lebih tinggi secara bermakna dibandingkan dengan kelompok bukan perenang untuk asupan protein ( $p=0,018$ ), vitamin A ( $p=0,006$ ), kalsium ( $p=0,001$ ), zat besi ( $p=0,001$ ), dan zink ( $p=0,000$ ). SMPI Al-Azhar 4 Kemandoran disarankan untuk memasukan olahraga renang sebagai bagian dari kurikulum sekolah. Untuk klub renang disarankan untuk menjalin kerja sama kepada pihak sekolah dalam memfasilitasi siswa untuk dapat melakukan olahraga renang.

.....The purpose of this research was to compare height, physical activity, and nutritional intakes (energy, protein, carbohydrate, fat, vitamin A, vitamin D, vitamin C, calcium, iron, and zinc) between adolescent female swimmers and non-swimmers. This research was an ecological study. Data were collected from March to April 2013 in SMPI Al-Azhar 4 Kemandoran, GOR Senayan Swimming Pool, Simprug Pertamina Swimming Pool, and Cikini Swimming Pool with samples 26 adolescent swimmers and 26 adolescent non-swimmers. This study showed that height in adolescent female swimmers and non-swimmers were significantly different ( $p=0,041$ ). Physical Activity was significantly different ( $p=0,001$ ) from adolescent swimmers and non swimmers. Mean of nutritional intakes in swimmers were significantly higher than non-swimmers for protein ( $p=0,018$ ), vitamin A ( $p=0,006$ ), calcium ( $p=0,001$ ), iron ( $p=0,001$ ), and zinc ( $p=0,000$ ). It is recommended for SMPI Al-Azhar 4 Kemandoran to include swimming as a part of the school's curriculum. Swim clubs and schools are suggested to cooperate to facilitate students with swimming lessons.