

Hubungan antara power mahasiswa laki laki dan perempuan fakultas kedokteran angkatan 2011 = The relation in power between male and female at medical faculty batch 2011

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Abstrak

[ABSTRAK]

Salah satu persyaratan yang harus dimiliki mahasiswa kedokteran adalah kebugaran fisik agar dapat melakukan aktivitas sehari-hari dengan baik. Power merupakan salah satu aspek dari kebugaran yang berperan penting dalam kehidupan manusia, misalnya untuk menggerakkan tubuh, memindahkan benda, dan lainnya. Tujuan penelitian ini adalah untuk mengetahui perbedaan kekuatan power pada mahasiswa kedokteran laki-laki dan perempuan. Penelitian ini dilaksanakan di Laboratorium Fisiologi FKUI dengan menggunakan 167 mahasiswa angkatan 2011 sebagai subjek penelitian. Penelitian ini menggunakan metode cross-sectional dan data diolah menggunakan uji deskriptif crosstabulation serta chi-square. Dari 56 mahasiswa laki-laki yang mengikuti percobaan, sebagian besar subjek memiliki power pada kategori average, yaitu sebanyak 28 orang (50%). Rerata tinggi lompatan pada subjek laki-laki adalah 50.76 cm. Dari 111 mahasiswa perempuan yang mengikuti penelitian, subjek paling banyak memiliki power pada kategori average, yaitu sebanyak 45 orang (40.54%). Rerata tinggi lompatan pada subjek perempuan adalah 34.92 cm. Dari analisis data didapatkan hasil signifikansi sebesar 0,582. Dapat disimpulkan bahwa power tidak memiliki hubungan dengan jenis kelamin mahasiswa.

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<i>ABSTRACT</i>

;One of the requirements faced by medical student is to have a strong physique so that they can perform their daily activity optimally. Power is one of the aspects in fitness that plays an important role in human life, for example for body movement, to transfer an object, and others. The aim of this study is to find out the difference of power in male and female medical students. The study was conducted in the Physiology Laboratory FKUI, the subject consisted of 167 students sample from batch 2011. This study is using a cross-sectional methodology, and the data will be processed using descriptive cross-tabulation and chi-square test. From 56 male students taking the test, most of them can be categorized in average category with 28 students (50%). The average vertical jump result for the male students is 50.76 cm. From 111 female students participating in the test, most of them also resulted in average category with 45 students (40.54%). The average vertical jump result for the female students is 34.92 cm. This data analysis produced a significance result of 0.582, which means that power does not have any relationship between gender (male and female) in medical student.

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