

Hubungan indeks massa tubuh dengan tingkat kebugaran pada Mahasiswa Fakultas Kedokteran Angkatan 2011 = Correlation between body mass index and fitness level among medical students batch 2011

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Abstrak

[ABSTRAK

Indeks Massa Tubuh(IMT) yang tinggi berkaitan dengan faktor risiko terjadinya penyakit kardiovaskular. Riskesdas 2010 mengungkapkan meningkatnya angka kejadian IMT tinggi di Indonesia. Selain itu IMT yang tinggi memicu terjadinya atau merupakan akibat pola hidup tidak aktif yang dapat memicu rendahnya tingkat kebugaran. Peneliti menduga hal ini juga terjadi pada mahasiswa kedokteran. Penelitian ini bertujuan untuk mengetahui hubungan IMT dengan tingkat kebugaran. Penelitian ini menggunakan studi cross sectional mahasiswa fakultas kedokteran angkatan 2011 yang mengikuti praktikum uji kebugaran kardiovaskuler. Data didapatkan dari hasil praktikum Harvard Step Test mahasiswa di fakultas kedokteran pada bulan Juni 2013 dan didapatkan jumlah sampel 56. Data dianalisis menggunakan program SPSS 16 dan dilakukan uji deskriptif cross tabulation dan uji Kolmogorov-Smirnov. Rerata IMT mahasiswa kedokteran pada penelitian ini 22.91 ± 3.11 . Tingkat kebugaran yang paling banyak dimiliki mahasiswa kedokteran ialah poor (77%). Dengan 14 diantaranya memiliki $IMT > 25$ (overweight/obesitas). Tidak didapat Mahasiswa dengan $IMT > 25$ yang memiliki tingkat kebugaran average ataupun excellent. Berdasarkan uji Kolmogorov-Smirnov didapatkan tidak terdapat perbedaan bermakna antara IMT dengan tingkat kebugaran ($p > 0,05$). Dapat disimpulkan pada penelitian ini tidak terdapat hubungan antara IMT dengan tingkat kebugaran pada mahasiswa fakultas kedokteran.

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ABSTRACT

Body Mass Index (BMI) is related with risk factors of cardiovascular diseases. Research of Basic Health 2010 (RISKESDAS 2010), done by Ministry of Health Indonesia, reported an increase in BMI in Indonesia. High BMI also correlate with increasing sedentary lifestyle which causes low fitness level. It is suspected that the same problem is happening in medical students. The purpose of this research is to determine the correlation between BMI and fitness level. This study is a cross sectional study done in June 2013 of 56 batch 2011 medical students who underwent Harvard Step Test cardiovascular fitness practical assignment. Data was analyzed using SPSS Ver. 16 and a cross tabulation descriptive test and Kolmogorov-Smirnov test was done. The mean BMI found was 22.91 ± 3.11 . The fitness level most found in medical students is poor (77%) with 14 of them having $BMI > 25$ (overweight/obese). There was no students with $BMI > 25$ that has fitness level of average and excellent. Based on Kolmogorov-Smirnov test it can be concluded that there is no correlation between BMI and fitness level ($p > 0,05$)., Body Mass Index (BMI) is related with risk factors of cardiovascular diseases. Research of Basic Health 2010 (RISKESDAS 2010), done by Ministry of Health Indonesia, reported an increase in BMI in Indonesia. High BMI also correlate with increasing sedentary lifestyle which causes low fitness level. It is suspected that the same problem is happening in medical students. The purpose of this research is to determine the correlation between BMI and fitness level. This

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