

# Perbedaan status kebugaran kardiorespiratori berdasarkan indeks massa tubuh dan faktor lainnya pada karyawan PT Pos Indonesia Regional IV Jakarta tahun 2016 = Differences of cardiorespiratory fitness based on body mass index and other factors among the employees of PT Pos Indonesia Regional IV Jakarta in 2016

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## Abstrak

Kebugaran kardiorespiratori rendah berhubungan dengan risiko penyakit kardiovaskular dan hipertensi. Kebugaran kardiorespiratori pekerja masih rendah. Skripsi ini bertujuan untuk mengetahui adanya perbedaan status kebugaran kardiorespiratori berdasarkan Indeks Massa Tubuh (IMT), Persen Lemak Tubuh (PLT), asupan gizi, aktivitas fisik, status merokok, dan kualitas tidur melalui Tes bangku 3 menit YMCA. Penelitian dilakukan pada karyawan PT Pos Indonesia Regional IV Jakarta pada April 2016. Desain penelitian yang digunakan adalah cross sectional dengan sampel 124 orang. Hasil penelitian menunjukkan 44,4% karyawan tergolong tidak bugar. Uji chi square dan uji T-independent digunakan dalam analisis penelitian ini. Hasil analisis menunjukkan bahwa IMT, PLT, asupan gizi energi, karbohidrat, dan zat besi/Fe memiliki perbedaan bermakna dengan kebugaran kardiorespiratori. Berdasarkan hasil tersebut, karyawan disarankan untuk memantau IMT dan PLT secara berkala, meningkatkan aktivitas fisik, dan pola makan gizi seimbang.

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Low cardiorespiratory fitness is associated with the risk of cardiovascular disease and hypertension. Cardiorespiratory fitness in workers is still low. This research aims to determine the difference in cardiorespiratory fitness status based on the Body Mass Index (BMI), body fat percentage, dietary intake, physical activity, smoking status, and quality of sleep. Cardiorespiratory fitness is measured by YMCA 3 minutes Step Test. The research was conducted on the employees of PT Pos Indonesia Regional IV Jakarta in April 2016. Study design that used in this research is cross sectional in 124 employees. The results showed 44.4% of employees are classified as unfit. Chi-square and T-independent test are used in analysis. The analysis showed that BMI, body fat percentage, dietary intake of energy, carbohydrates, and iron give significant differences to cardiorespiratory fitness. Based on these results, employees are advised to monitor BMI and body fat regularly, increasing physical activity, and nutrition balanced diet.