

Hubungan asupan makan, aktivitas fisik, dan faktor-faktor lainnya dengan kebugaran muskuloskeletal di SMAN 5 Bekasi = Correlation between nutritional intake, physical activity, and other factors with musculoskeletal fitness at 5 Bekasi Senior High School

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Abstrak

ABSTRACT

Kebugaran muskuloskeletal yang baik pada remaja dapat menurunkan risiko kejadian osteoporosis. Penelitian ini bertujuan untuk melihat hubungan antara asupan energi dan zat gizi, berat badan, tinggi badan, IMT/U, persen lemak tubuh, aktivitas fisik, dan status sosial ekonomi dengan kebugaran muskuloskeletal sebelum dan setelah dikontrol jenis kelamin. Desain penelitian yang digunakan yaitu cross sectional. Penelitian ini melibatkan 151 siswa kelas X dan XI di SMAN 5 Bekasi. Pengukuran asupan makan menggunakan food recall 2x24 jam, aktivitas fisik dengan GPAQ, berat badan, tinggi badan, dan persen lemak tubuh dengan pengukuran langsung, dan status sosial ekonomi dengan kuesioner FAS. Hasil penelitian menunjukkan terdapat hubungan signifikan antara asupan energi dan zat gizi, berat badan, tinggi badan, persen lemak tubuh, dan aktivitas fisik dengan kebugaran muskuloskeletal sebelum dikontrol jenis kelamin. Setelah dikontrol jenis kelamin, ditemukan hubungan signifikan antara tinggi badan dan persen lemak tubuh dengan kebugaran muskuloskeletal pada siswa laki-laki saja. Intervensi dari sekolah dan Dinas Kesehatan Kota Bekasi seperti edukasi Pedoman Gizi Seimbang PGS khususnya memantau berat badan rutin, mengurangi asupan tinggi lemak, serta meningkatkan aktivitas fisik anaerobik dapat membantu meningkatkan kebugaran muskuloskeletal pada siswa SMAN 5 Bekasi.

ABSTRACT

Good musculoskeletal fitness in adolescence can reduce the risk of osteoporosis. This study aims to determine the relationship between energy and nutrients intake, body weight, height, BMI for Age, percent body fat, physical activity, and socioeconomic status with musculoskeletal fitness before and after controlled by sex. This study used cross sectional design. A total of 151 respondents from 5 Bekasi SHS from class X and XI were included in this study. Food intake was measured using 2x24 hours food recall, physical activity using GPAQ, weight, height, and percent body fat by direct measurement, and socioeconomic status using FAS questionnaire. The results of this study showed that there were a significant relationship between energy and nutrients intake, body weight, height, percent body fat, and physical activity with musculoskeletal fitness before controlled by sex. After stratification analysis by sex, there were a significant relationship between height and percent body fat with musculoskeletal fitness but only found in male students. Interventions from school and local health institutions such as education of Pedoman Gizi Seimbang PGS, especially monitoring body weight routinely, reducing high fat intake, and increasing anaerobic physical activity can improve musculoskeletal fitness in students of SMAN 5 Bekasi. Keywords Adolescence Height Musculoskeletal Fitness Percent Body Fat.