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## **HUBUNGAN ASUPAN ENERGI, ZAT GIZI MAKRO DAN STATUS GIZI DENGAN LATIHAN KESAMAPTAAN JASMANI ANGGOTA PELOPOR SATBRIMOB BANJARBARU POLDA KALIMANTAN SELATAN**

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(xv+66)

Kesamaptan jasmani merupakan kesiapan dan kesanggupan seseorang untuk melakukan tugas fisik atau kesiapsiagaan terhadap adanya ancaman, tantangan, hambatan, dan gangguan (ATHG). Salah satu faktor yang mempengaruhi tingkat kesamaptan jasmani seseorang yaitu status gizi, asupan energi dan zat gizi. Penelitian ini bertujuan menganalisis hubungan antara asupan energi, zat gizi makro, dan status gizi dengan kesamaptan jasmani pada anggota Pelopor SatBRIMOB Banjarbaru POLDA Kalimantan Selatan. Metode penelitian yang digunakan yaitu survei analitik dengan pendekatan *cross sectional*. Teknik pengambilan sampel yang digunakan yaitu *simple random sampling*. Teknik analisa data uji bivariat menggunakan uji korelasi *rank spearman* dan uji multivariat menggunakan uji regresi logistik berganda. Hasil penelitian menunjukkan bahwa asupan energi ( $p=0.002$ ), karbohidrat ( $p=0.0027$ ), protein ( $p=0.011$ ), lemak ( $p=0.00$ ), status gizi ( $p=0.000$ ) terbukti memiliki hubungan dengan kesamaptan jasmani pada anggota SatBRIMOB Banjarbaru POLDA Kalimantan Selatan. Variabel status gizi juga terbukti memiliki hubungan yang paling kuat atau pengaruh yang paling dominan terhadap variabel latihan kesamaptan jasmani pada anggota SatBRIMOB Banjarbaru POLDA Kalimantan Selatan.

**Kata Kunci:** Kesamaptan jasmani, BRIMOB, Asupan energi, zat gizi makro, status gizi

## **ABSTRACT**

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### **RELATIONSHIP OF ENERGY INTAKE, MACRO NUTRITION AND NUTRITION STATUS WITH PHYSICAL KESAMAPTAAN EXERCISE OF PIONEER MEMBER SATBRIMOB BANJARBARU POLDA SOUTH KALIMANTAN**

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*Physical kesamaptaan is a person's readiness and willingness to perform physical tasks or preparedness for threats, challenges, obstacles, and distractions (ATHG). One of the factors that affects the level of a person's physical kesamaptaan is nutritional status, energy intake and nutrients. This research aims to analyse the relationship between energy intake, macro nutrient, and nutritional status with physical kesamaptaan in the pioneer members of SatBRIMOB Banjarbaru POLDA South Kalimantan. The research methods used are analytical surveys with a cross sectional approach. The sampling technique used is simple random sampling. The Bivariate test data analysis technique uses the correlation rank of Spearman test and multivariate test using multiple logistics regression tests. The results showed that the energy intake ( $p = 0.002$ ), carbohydrate ( $p = 0.027$ ), protein ( $P = 0.011$ ), fat ( $P = 0.00$ ), nutritional status ( $P = 0.000$ ) proved to have a relationship with the physical kesamaptaan of members of SatBRIMOB Banjarbaru POLDA of Kalimantan South. The nutritional status variable is also shown to have the strongest relationship or the most dominant influence on variable physical exercise variables in the members of the SatBRIMOB Banjarbaru POLDA South Kalimantan.*