

## ABSTRAK

ADHELIA HERMALINDA. 19S10288

### **HUBUNGAN ASUPAN ZAT GIZI MAKRO DAN STATUS GIZI DENGAN KEBUGARAN JASMANI PADA SISWA SEKOLAH DASAR NEGERI 1 GUNTUNG MANGGIS BANJARBARU**

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(xv + 113)

Kebugaran jasmani adalah kecocokan keadaan fisik terhadap tugas yang harus dilaksanakan oleh fisik atau jasmani berdasarkan syarat-syarat fisik yang bersifat anatomis, fisiologis, kesesuaian anatomik, dan kesesuaian fisiologik. Penelitian ini bertujuan untuk menganalisis hubungan antara asupan zat gizi makro dan status gizi dengan kebugaran jasmani siswa Sekolah Dasar Negeri 1 Guntung Manggis Banjarbaru. Populasi penelitian ini adalah siswa Sekolah Dasar Negeri 1 Guntung Manggis Banjarbaru. Sampel diambil dengan *purposive sampling* berjumlah 47 responden. Penelitian ini menggunakan desain *cross-sectional*. Instrumen penelitian ini adalah formulir *food recall* 24 jam, timbangan badan digital dan *microtoise*, serta formulir Tes Kebugaran Jasmani Indonesia (TKJI). Data dianalisis menggunakan uji *Rank Spearman*. Hasil penelitian ini menunjukkan bahwa sebagian besar siswa memiliki asupan karbohidrat dan protein kategori defisit tingkat sedang, asupan lemak berlebih, status gizi kategori gizi kurang, dan kebugaran jasmani yang sedang. Asupan karbohidrat ( $p= 0,952$ ) dan status gizi ( $p= 0,187$ ) tidak berhubungan dengan kebugaran jasmani, sedangkan asupan protein ( $p= 0,045$ ) dan lemak ( $p= 0,008$ ) berhubungan dengan kebugaran jasmani pada siswa Sekolah Dasar. Siswa disarankan tetap mendapatkan asupan zat gizi makro agar mendapatkan status gizi yang baik karena sangat berpengaruh terhadap kebugaran jasmani.

**Kata Kunci:** Asupan zat gizi makro, kebugaran jasmani, status gizi

## **ABSTRACT**

ADHELIA HERMALINDA. 19S10288

### **RELATION OF INTAKE OF MICRONUTRIENTS AND NUTRITIONAL STATUS TO PHYSICAL FITNESS IN STUDENTS OF STATE ELEMENTARY SCHOOL 1 GUNTUNG MANGGIS BANJARBARU**

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(xv + 113)

*Physical fitness is the suitability of physical conditions to tasks that must be carried out by physical based on physical conditions that are anatomical, physiological, anatomical fitness, and physiological fitness. This study aimed to analyze the relation of intake of micronutrients and nutritional status with physical fitness of students of State Elementary School 1 Guntung Manggis Banjarbaru. The study population were students of State Elementary School 1 Guntung Manggis Banjarbaru. The samples were selected with a purposive sampling of 47 respondents. This study used a cross-sectional design. The research instruments were the 24-hour food recall form, digital weight scales and microtoise, and Indonesian Physical Fitness Test (IPFT) form. The data were analyzed using the Spearman Rank Test. The results of this study showed that most students had moderately deficient carbohydrate and protein intakes, excess fat intake, were thin, and had moderate physical fitness. Carbohydrate intake ( $p= 0.952$ ) and nutritional status ( $p= 0.187$ ) were associated with physical fitness, while protein intake ( $p= 0.045$ ) and fat intake ( $p= 0.008$ ) were not associated with physical fitness of elementary school students. Students are recommended to have macronutrient intakes in order to get good nutritional status because it greatly affects physical fitness.*

**Keywords:** *Macronutrient intake, nutritional status, physical fitne*

