

SUMMARY

HUBUNGAN ANTARA STATUS GIZI, ASUPAN ZAT GIZI MAKRO SERTA SERAT, DAN AKTIVITAS FISIK DENGAN KEBUGARAN ANAK SEKOLAH DASAR KELAS V USIA (10-12 TAHUN) DI SDN TALAGA 2 CIKUPA TANGERANG

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Subject : HUBUNGAN ANTARA STATUS GIZI, ASUPAN ZAT GIZI MAKRO SERTA SERAT, DAN AKTIVITAS FISIK DENGAN KEBUGARAN ANAK SEKOLAH DASAR KELAS V USIA (10-12 TAHUN) DI SDN TALAGA 2 CIKUPA TANGERANG

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Keyword : Nutritional status, nutrient intake, physical activity, and physical Fitness

Description :

Background: physical fitness everyone relate with physical health. One of the problems faced by groups of school-age children is the low level of health and nutritional status. Nutritional problems that developed in the community is very closely related to the behavior and lifestyle in childhood and adolescence. Physical fitness is influenced by several things, including nutrient intake, physical activity and body composition. Body composition was influenced by the magnitude of the nutritional status of a person.

Objective: To determine the relationship of nutritional status, as well as the macro-nutrient intake and fiber, physical activity on physical fitness the fifth grade of primary school children aged (10-12 years) in SDN Talaga 2 Cikupa Tangerang.

Methods: Respondents in this study amounted to 50 people aged 10-12 years. Variables tested were age, gender, nutritional status, as well as the macro-nutrient intake and fiber, physical activity, and physical fitness. Data processing is performed by Pearson correlation test and independent t-test.

Results: The results showed that the correlation test variables associated with the fitness levels are gender, energy intake, and fat intake ($p < 0,05$). Other variables such as age, nutritional status, protein intake, KH intake, fiber intake, and physical activity was not associated with physical fitness fifth grade elementary school children aged 10-12 years in SDN Talaga 2 Cikupa Tangerang ($p > 0,05$).

Conclusions: Variables related to physical fitness is sex, energy intake, and fat intake.

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