

ABSTRAK

Judul : Hubungan Persen Lemak Tubuh, Aktivitas Fisik, Status Hidrasi, *Body Image* dan Kebugaran Atlet Futsal Putri
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Program Studi : Gizi

Latar Belakang: Futsal merupakan suatu permainan beregu yang terdiri dari lima orang pemain dengan tujuan memasukkan bola ke gawang lawan dan mempertahankan gawang agar tidak kemasukan bola. Permainan futsal membutuhkan daya tahan fisik yang tinggi untuk melakukan aktivitas secara terus – menerus dalam waktu lama tanpa mengalami kelelahan yang berarti. Performa atlet dilapangan dapat berpengaruh terhadap prestasi yang diraih atlet. Tingkat kebugaran sangat berpengaruh terhadap performa atlet baik saat latihan maupun pertandingan. Untuk meningkatkan kebugaran atlet perlu adanya pemantauan status gizi, status hidrasi, dan pengecekan tingkat kebugaran secara berkala. **Tujuan:** Menganalisis hubungan persen lemak tubuh, aktivitas fisik, status hidrasi, *body image*, dan tingkat kebugaran atlet futsal putri Universitas Pendidikan Indonesia Bandung. **Metode:** Penelitian ini menggunakan desain *Cross Sectional Study*. dengan teknik pengambilan *total sampling* didapatkan 22 responden, menggunakan uji Korelasi Pearson. **Hasil:** Responden berada pada rentang usia 18-23 tahun. Berdasarkan hasil analisis korelasi *Pearson* diperoleh nilai *p-value* persen lemak tubuh dan kebugaran atlet ($p=0,017$), status hidrasi dan kebugaran atlet ($p=0,003$), aktivitas fisik dengan kebugaran atlet ($p=0,724$), *body image* dan kebugaran ($p=0,181$). **Kesimpulan:** Terdapat hubungan yang signifikan antara persen lemak tubuh dan kebugaran, status hidrasi dan kebugaran. Tidak terdapat hubungan yang signifikan antara aktivitas fisik dan kebugaran, *body image* dan kebugaran.

Kata Kunci:

Persen Lemak Tubuh, Aktivitas Fisik, Status Hidrasi, *Body Image*, Tingkat Kebugaran Atlet..

ABSTRACT

Title : The Relationship of Percent Body Fat, Physical Activity, Hydration Status, Body Image and Fitness of Female Futsal Athletes

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Background: Futsal is a team game consisting of five players with the aim of putting the ball into the opponent's goal and maintaining the goal so as not to concede the ball. Futsal require high physical endurance to carry out activities continuously for a long time without experiencing significant fatigue. The performance of athletes can affect the achievements of athletes. Fitness level greatly influences the performance of athletes in the field both during training and in matches. To improve athletes fitness, it is necessary to monitor nutritional status, hydration status, and check athletes fitness levels regularly. Objective: To analyze the relationship of percent body fat, physical activity, hydration status, body image, and fitness level of female futsal athletes at the University of Indonesia Education Bandung. Method: This study uses a Cross Sectional Study design. with total sampling technique obtained 22 respondents, using the Pearson Correlation test. Results: Respondents were in the age range of 18-23 years. Based on the results of Pearson correlation analysis obtained p-value percent of body fat and fitness of athletes ($p = 0.017$), hydration status and fitness of athletes ($p = 0.003$), physical activity with athletes' fitness ($p = 0.724$), body image and fitness ($p = 0.181$). Conclusion: There is a significant relationship of percent body fat and fitness, hydration status and fitness. There is no significant relationship physical activity and fitness, body image and fitness.

Keywords :

Percent Body Fat, Physical Activity, Hydration Status, Body Image, Athlete's Fitness Level.