OVERVIEW OF PHYSICAL AND NUTRITIONAL STATUS OF STUDENT’S NUTRITIONAL STATUS 01 PANGKALAN KANGKALAN DISTRICT KOTO BARU

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Abstract

This study aims to determine the level of physical fitness and nutritional status of state elementary school students 01 Base Sub Base New Koto district. This type of research is descriptive. Sample technique using purposive sampling. The sample in this study was male students aged 10-12 years of class IV and V with a total of 39 students. The instrument, in this case, was carried out by measuring the physical fitness test (TKJI) and nutritional status with anthropometric tests (height and weight). Data analysis techniques using percentages. Based on data analysis, the results of the study found that out of 39 samples of Elementary School 01 Primary School in Koto Baru District School base students had a low level of physical fitness and a normal nutritional status of students.

Keywords: Level Of Physical Fitness And Nutritional Status

INTRODUCTION

Education is a process of human development that lasts a lifetime and is very important in the field of development in Indonesia. Education plays an important role in the intellectual life of the nation in order to improve the quality of quality human resources in order to produce quality human beings in accordance with the objectives of national education. In general, education aims to prepare students to play a role in the future. Considering the importance of education in educating the life of the nation, the government has established a national education program oriented to improving the quality of Indonesian people, which is explained by inLawIndonesian. 20 of 2003, concerning the National Education system chapter III article 3 namely: "National education functions to develop capabilities and shape the character and civilization of the nation that is useful in the context of educating the nation's life aimed at developing the potential of students to become human beings who believe in and devote to God Almighty One, having noble, healthy, knowledgeable, capable, independent and being a democratic and responsible citizen ".

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To achieve the goal of national education must be supported by many factors including facilities and infrastructure at school, teacher ability, motivation and student ability, but not less important is the condition of physical fitness and nutritional status of students themselves. Djoko PekikIrianto (2006) stated "Physical fitness is often referred to as physical fitness, which is the ability of someone to do their daily work efficiently without excessive fatigue so that they can still enjoy their free time.

Nutritional status is the result of the balance of food that enters the body with the needs body for these substances. Optimal nutritional status if the body gets enough nutrients that are used efficiently so that it allows physical growth, brain development, workability and health general. Malnutrition can occur because the body lacks one or several types of nutrients needed. According to the MOH in Mutohir (2004) nutritional status "is a state of the body that describes the health status of a person or community in daily life due to interactions of food, the human body and the environment".

To maintain the physical fitness of students of Elementary School 01 Pangkalan KecamatanPangkalan Koto Baru District Lima Puluh Kota carries out Penjasorkes learning such as doing morning gymnastics and playing other sports branches. During recess time students often play in the school field with their friends, like playing footballs, chasing catches, goalkeepers walking, jumping rope. Meanwhile, to choose the nutritional status of students, there is a need for support family, especially parents in providing nutrition to their children so that the nutritional status of students is better.

Based on observations made by the author in State Elementary School 01 Pangkalan Subdistrict,Pangkalan Koto Baru District, Lima Puluh Kota and also according to the Penjasorkes teacher that students in their sports activities look tired like people are tired, lacking enthusiasm, often sleepy during learning hours and some have pale faces. it seems unhealthy, and there are students who do not participate in the Physical Education learning practice in the field, they sit more than sports activities. Researchers assume this is due to the low level of physical fitness and nutritional status of students.

From the above symptoms, the problem in this study is the low level of
physical fitness and nutritional status of students in State Elementary School 01 Pangkalan Subdistrict, Pangkalan Koto Baru District, Lima Puluh Kota. Then it is assumed that the factors causing the above problems are as follows: 1) Physical fitness level, 2) Nutritional status, 3) Nutrition knowledge, 4) Economic level, 5) Food availability, 6) Environmental factors, 7) Physical activity, 8) Facilities and infrastructure, 9) condition of students, 10) Physical education teacher ability, 11) Student motivation.

RESEARCH METHODS

The type of research used in this study is descriptive research that presents a description of the problem as it is. The population in this study were all students in the Elementary School 01 Pangkalan District Pangkalan Koto Baru District Lima Puluh Kota with a total of 221 students. The sampling technique in this study used a purposive sampling technique, it was based because the Indonesian freshness test was used only for ages 10-12 years old. The instruments in this study used tests that were physical fitness tests with TKJI tests and nutritional status tests with anthropometric (height and weight). The data analysis technique uses percentages using the formula:

\[ P = \frac{F}{N} \times 100\% \]

Description:

P = Percentage
F = Frequency
N = Number of Samples

(Arsil, 2018)

RESULTS AND DISCUSSION

A. Level of Physical Freshness

Based on the results of descriptive analysis of the results of physical fitness that is conducted on 39 male students, obtained the highest value of 20 and the lowest value of 7, the average count (mean) 12.59, the standard deviation (standard deviation) 3.85. Furthermore, the frequency distribution of physical fitness data categories for male students can be seen in the table below:

Table. Frequency Distribution of Student Physical Fitness
No Score Category

Absolute frequency Relative frequency (%) 1 22 - 25 Very good 0 0 2 18 - 21 Good 7 17.95 3 14 - 17 Medium 7 17.95 4 10 - 13 Less 15 38.46 5 5 - 9 Very poor 10 25.64 Total 39 100

Based on the frequency distribution table above, it can be explained that from the 39 students who were used as the sample of this study, none of the students had physical fitness category very good, 7 people (17.95%) students who had physical fitness in good category, 7 people (17.95%) students who have physical fitness in the medium category, 15 people (38.46%) students who have physical fitness in the poor category, and 10 people (25.64%) students who have physical fitness in the very poor category. More details can be seen on the histogram below:

**the relative frequency of**

45 40 38.46 3530 25.64 2520 17.95 17.95
relative frequency0good, Goodwas less, very less, once
22-25 18-2 1 14-17 10--13 5—91 2 3 4 5

**Figure. Histogram Physical Fitness Physical**

Fitness is very important for students in carrying out daily life, because physical fitness is a person's ability to complete tasks or activities daily without experiencing significant fatigue. Physical fitness is an aspect of physical ability that supports the success of students in carrying out various activities in daily life without causing significant fatigue. For more clear understanding of physical fitness was put forward by Bafirman (2012) said "physical fitness is an aspect that is the physical aspects of freshness overall (total fitness), which gives a person the ability to lead life a productive and can adjust to each physical (physical proper stress stress) " So is the case with State Elementary School 01 Pangkalan Subdistrict Base, Koto Baru District, Lima Puluhi Kota, they should have a good level of physical fitness to be able to carry out daily tasks properly and efficiently without feeling tired in the body and still have good backup power to overcome emergencies and to enjoy leisure time with active recreation. Based on the results of the study which states that the physical fitness level of
male students in the intended category is lacking, it can be concluded that the components of physical fitness play a role in the physical activity of students of State Elementary School 01 Pangkalan Subdistrict, Pangkalan Koto Baru District, Lima Puluh Kota in increasing physical fitness. Therefore, one of the efforts that can be done to improve the physical fitness of elementary school students 01 Pangakalan District of Pangkalan Koto Baru District Lima Puluh Kota is the Penjasorkes teacher providing Penjasorkes learning material in the form of interesting games, so students actively practice and play, because this can increase their physical fitness.

B. Nutritional Status

Based on the results of nutritional status data analysis conducted on 39 male students, obtained a low nutritional status value (minimum) 12.9, highest nutritional status value (maximum) 24.10, average count (mean) 15.85, and standard deviation (standard deviation) 2.82. Furthermore, the frequency distribution of nutritional status of students male can be seen in the table below:

<table>
<thead>
<tr>
<th>Standard Value (Threshold)</th>
<th>Status</th>
<th>Nutritional</th>
<th>Absolute Frequency</th>
<th>Relative Frequency (Fr)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;=-3 SD</td>
<td>Very thin</td>
<td>2</td>
<td>5.13</td>
<td>0.05</td>
</tr>
<tr>
<td>-2 SD up to &lt;=-2 SD</td>
<td>Skinny</td>
<td>14</td>
<td>35.89</td>
<td>0.89</td>
</tr>
<tr>
<td>-2 SD to 1 SD</td>
<td>Normal</td>
<td>19</td>
<td>48.72</td>
<td>1.24</td>
</tr>
<tr>
<td>&gt;1 SD to 2 SD</td>
<td>Fat</td>
<td>2</td>
<td>5.13</td>
<td>0.06</td>
</tr>
<tr>
<td>&gt;2 SD</td>
<td>Obesity</td>
<td>2</td>
<td>5.13</td>
<td>0.06</td>
</tr>
<tr>
<td>total</td>
<td></td>
<td>39</td>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>

Based on the frequency distribution table above, it can be concluded that from 39 students, it turns out that as many as 2 people (5.13%) students have nutritional status results with a very thin category, 14 people (35.89%) students have nutritional status with malnutrition categories, and 19 people (48.72%) students have nutritional status in the Normal category, 2 people (5.13%) have nutritional status in the Fat category, and 2 people (5.13%) have nutritional status in the Obesity category. For more clear we can see this brought histogram:

**relative frequencies (fr)** 50 48.72

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Humans eat to get energy and essential nutrients in quantities that are in accordance with their needs. Foods that are eaten will be broken down into nutrients, namely, carbohydrate, fat, protein, vitamins, water, and minerals as well as dietary fiber. Various ingredients have different nutritional ingredients. Not a single food ingredient in nature that contains all the nutrients in the amount in accordance with the needs of the body. According to Holil (2014) "nutrients are substances that are found in food and are needed by the body for metabolic processes, ranging from digestion, absorption of food in the small intestine, transportation by blood to reach target cells and produce energy, body growth, tissue maintenance, body, biological processes, healing diseases, and endurance." Based on the results of this study concluded that there are still some people whom male students -3 SD up to <-2 SD-2 SD up to 1 SD>1 SD up to 2 SD>2 SD1 2 3 4 5 has a very skinny and nutritional status thin. Broadly speaking, the nutritional status of State Elementary School 01 students, Pangkalan District Pangkalan Koto Baru District, Lima Pulu Kota is in the normal category. From the explanation above, it can be interpreted that students who have normal nutritional status of course these students have consumed foods that are in accordance with the needs of substances needed by their bodies. Furthermore, students who have nutritional status are thin and very thin, of course these students have not consumed food that does not meet the nutrients needed by their body or the food they eat does not meet the nutritional elements the body needs, and students who have nutritional status are fat and obese, of course students who consume excess food the body needs without also being accompanied by exercise.
CONCLUSION

Based on the results of the research that the author has described, the conclusions can be drawn as follows: The level of physical fitness of male students of the Elementary School 01 Pangakalan Subdistrict, Pangkalan Koto Baru District, Lima Puluh Kota District is included in the category of Less. The nutritional status of State Elementary School 01 Pangaklam students, Pangkalan Koto Baru Subdistrict, Lima Puluh City, belongs to the Normal category.

REFERENCES


Holil, Muhammad par'i. 2014. *Nutritional Status Assessment*. Jakarta: Medical Book.