

ABSTRACT

IHWANUR RABBANI. "RELATIONSHIP OF BODY MASS INDEX AND FAT PERCENTAGE TO PHYSICAL FITNESS MEN'S FUTSAL TEAM STATE UNIVERSITY OF JAKARTA ". Essay : Sport Science Studies Program, Faculty of Sport Science, State University of Jakarta, in July 2016.

This essay research aims to (1) determine the relationship between body mass index with physical fitness men's futsal team State University of Jakarta. (2) determine the relationship between fat percentage with physical fitness men's futsal team State University of Jakarta. (3) determine the relationship between body mass index and fat percentage with physical fitness men's futsal team State University of Jakarta.

This research was conducted at the Laboratory of Sports Achievement Faculty of Sport Science State University of Jakarta on June 2, 2016. The method used was survey method with correlation studies engineering. By sampling purposive sampling technique, a sample of 20 people out of a population of 100 people. The data analysis technique used is a simple linear regression.

Data analysis technique used was the statistical technique using t-test at significant level $\alpha = 0.05$ data analysis technique used is a simple linear regression. With the steps (1) finding the regression equation, (2) find a correlation coefficient, (3) test of significance correlation coefficient, (4) search for the coefficient of determination (5) multiple linear regression, (6) search for multiple correlation coefficient, (7) significance test of multiple correlation coefficient, (8) look for the coefficient of determination. The end of the test data regression equation of body mass index on results obtained $Y = 46.90 + 0,06X_1$. The end of the test data regression equation fat percentage obtained results of $Y = 25.86 + 0,48X_2$. Multiple regression of body mass

index and fat percentage to get results in physical fitness at $Y = 34 \text{ to } 0.56 + 0.88 X_2 X_1$.

Final conclusions obtained through this research is the body mass index (BMI) did not significantly affect physical health (0.38%), while the percentage of fat affect the physical fitness of 23.23%, and the relationship of body mass index (BMI) and percentage of fat the physical fitness of 32.14%.

Keywords: Body Mass Index, Fat Percentage, Futsal, Physical Fitness