Abstrak

BAGUS GARIN ANDRIAWAN. Relationship of Nutritional Status by Level of Physical Freshness VII grade students of SMPN 252 Pondok Kelapa, East Jakarta. ESSAY. Jakarta. Faculty of Sport Science, State University of Jakarta.

The purpose of this study was to obtain information about the relationship of nutritional status and the level of physical fitness. This research was conducted in May 2016 at Junior High School 252 East Jakarta Pondok Kelapa.

This research was conducted using quantitative descriptive method by using correlation studies, of the total population of students of class VII SMP Negeri 252 Jakarta totaling 288 students, the sampling technique using cluster sampling, the sampling technique based groups where each group contained elements of his characteristic different - different or heterogeneous. As for the sample is graders VII.1, VII.2 totaling 72 students of class VII SMPN 252 Jakarta.

This research instruments namely, (1) test the nutritional status with scales (weight) and statur meter (height), (2) test the level of physical fitness Indonesia (TKJI) for children aged 13-15 years of age.

Analysis of the data in this study using a simple correlation analysis technique and double correlation and followed by t-test at α = 0.05 level of significance. Based on the analysis of research data obtained as follows: There is a relationship between nutritional status and physical fitness level with a linear line equation y = 15.64 + 0.55 X, which means that the level of physical fitness can be known or estimated by the regression equation if the variable nutritional status (X) are known. The correlation coefficient (r) = 1.79, t = 6.8, table = 1.7, thus thitung> ttabel that

indicates that the null hypothesis (Ho) is rejected and the alternative hypothesis (H1) accepted the coefficient of determination r^2 = 32.04, which means that the variable nutritional status contribute to the physical fitness level of 32.04%