

RESUME

PHYSICAL FITNESS LEVEL PROFILE AND ENERGY SUFFICIENCY OF TOWER C RUSUNAWA PULO GEBANG DWELLERS, EAST JAKARTA

ABSTRACT

This research was aimed to get information about physical fitness level of Rusunawa dwellers, by knowing : 1) Illustration of cardiorespiratory endurance, 2) Illustration of muscle endurance, 3) Illustration of muscle strength, 4) Illustration of flexibility, 5) Illustration of body composition. As well as to get information about Rusunawa dwellers energy sufficiency level.

Data collection was held on May 29 – June 2, 2016 in Tower C Rusunawa Pulo Gebang. This research used survey method with purposive sampling. Sample that used was based on sampling determination with certain consideration such as, age, and health consideration. The sample consist of 23 men. Data processing technique done by using descriptive statistic technique to determine the highest score, lowest score, range, average score, standard deviation, and mode.

The research result was : 1) Cardiorespiratory endurance has average 53.67 point that include in 'kurang' category, 2) Muscle endurance has average 15.65 that include in 'kurang' category, 3) Muscle strength that was measured when pulling and pushing has average 23.78 kg and 19.89 kg that include all in 'kurang' category, 4) Rusunawa dwellers flexibility has average 12.69 cm that include in 'sedang' category, 5) Body composition of rusunawa dwellers has average 23.48 kg/m² that include in 'normal' category, and energy sufficiency of rusunawa dwellers has average 61.95% that include in 'defisit tingkat berat' category.

Keyword : Profile, Physical Fitness, Energy Sufficiency