

HUBUNGAN NILAI KESAMAPTAAN JASMANI DENGAN NILAI KAPASITAS VITAL PARU PADA BATALYON PASKHAS 461 JAKARTA

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Abstrak

Batalyon Paskhas 461 berkedudukan di Pangkalan TNI AU Halim Perdanakusuma, Jakarta, dibawah pembinaan Wing 1 Lanud Halim P. Tugas pokok yang diemban Skadron 461 juga disesuaikan dengan status paskhas sebagai kotamabin TNI AU. Sejalan dengan tugas pokok tersebut, setiap personel selalu dituntut dalam kondisi prima, dapat kita lihat dari nilai kesamaptaan yang dimiliki masing-masing personel, kondisi fisik yang prima mengharuskan kemampuan dalam kardiorespirasi yang baik, dan itu semua dapat dilihat dari kemampuan sistem respirasi, melalui Kapasitas Vital Paru (KVP). Penelitian ini bersifat Deskriptif Analitik dengan menggunakan penelitian *Cross Sectional*. Penelitian dilakukan di Batalyon Paskhas 461 Angkatan Udara Halim. Tehnik pengambilan sampel menggunakan metode simple random sampling dengan jumlah sampling 69 responden. Tehnik pengumpulan data menggunakan data primer berupa perhitungan Nilai Kesamaptaan Jasmani menggunakan stopwatch dan perhitungan Nilai Kapasitas Vital Paru menggunakan uji Spirometri. Data yang terkumpul dianalisis menggunakan uji hipotesis *chi square*. Hasil uji univariat data Nilai Kesamaptaan Jasmani dengan nilai samapta baik sekali 8 responden (11,6%), nilai samapta baik 54 responden (78,3%), nilai samapta cukup 7 responden (10,1%), sedangkan nilai kapasitas vital paru berkategori normal sebanyak 62 responden (89,9%), nilai kapasitas vital paru berkategori restriksi sebanyak 7 responden (10,1%). Hasil uji Kolmogorov-Smirnov dapat disimpulkan terdapat hubungan ($p=0,0000$) antara Nilai Kesamaptaan Jasmani dengan Nilai Kapasitas Vital Paru (KVP). Berdasarkan hasil penelitian perlu dipertahankan bahkan dianjurkan untuk ditingkatkan dalam pembinaan satuan, agar dapat mendapat nilai kesamaptaan yang tinggi.

Kata Kunci : Kardiorespirasi, Kapasitas Vital Paru, Kesamaptaan Jasmani, Paskhas

RELATIONSHIP BETWEEN THE PHYSICAL EXERCISE WITH LUNG CAPACITY VITAL

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Abstract

Battalyon Paskhas 461 based in Halim Air Force Base, Jakarta, under the guidance of Fr. Halim Air Base Wing 1 Main tasks carried Squadron 461 is also adapted to Paskhas status as kotamabin Air Force. In line with these basic tasks, where each person is always required in prime condition, we can see from the value kesamaptaaan owned by their respective personnel, excellent physical condition requires the ability to kardiorespirasi good, and it all can be seen from the ability of the respiratory system, where through the Vital Lung Capacity (KVP). This research is descriptive analytic using cross sectional study. The study was conducted in 461 Paskhas Battalion Halim Air Force. Sampling techniques using simple random sampling method the number of sampling 69 respondents. Data collection techniques using primary data in the form of Physical kesamaptaaan Value calculation using the stopwatch and calculation of Vital Lung Capacity Value Spirometry test. Data were analyzed using chi square hypothesis test. Based on the results of the univariate test kesamaptaaan Physical Data Value with value Samapta splendidly 8 respondents (11.6%), good value Samapta 54 respondents (78.3%), the value Samapta quite 7 respondents (10.1%), while the value of Vital Capacity Rated Capacity Vital lung Lung normal berkategori as many as 62 respondents (89.9%), lung vital capacity value berkategori restriction by 7 respondents (10.1%). Kolmogorov-Smirnov test results can be concluded there is a relationship ($p = 0.0000$) between Vital Lung Capacity (KVP) with the value of Physical kesamaptaaan. Based on the results of the study need to be maintained even recommended to be increased in the guidance unit, in order to obtain a high kesamaptaaan value.

Keywords: Cardiorespiratory, Vital Lung Capacity, Physical exercise, Paskhas