HUBUNGAN AKTIVITAS FISIK TERHADAP NILAI *FORCED VITAL CAPACITY* (FVC) PADA MAHASISWA AKTIF ORGANISASI BEM FIKES UPN "VETERAN" JAKARTA PERIODE 2025

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Abstrak

Latar Belakang: Kurangnya aktivitas fisik merupakan masalah kesehatan global yang dapat menurunkan fungsi paru, termasuk nilai *forced vital capacity* (FVC). Mahasiswa yang aktif organisasi sering menghadapi jadwal padat yang meningkatkan perilaku sedentari dan berpotensi menurunkan kapasitas vital paru mereka. **Tujuan Penelitian:** Untuk menganalisis hubungan antara aktivitas fisik dengan nilai FVC pada mahasiswa aktif organisasi BEM FIKES UPN "Veteran" Jakarta periode 2025. **Metode:** Penelitian kuantitatif ini menggunakan desain *cross-sectional* dengan melibatkan 66 responden yang dipilih melalui teknik purposive sampling. Peneliti mengukur tingkat aktivitas fisik menggunakan kuesioner *International Physical Activity Questionnaire-Short Form* (IPAQ-SF) dan nilai FVC menggunakan instrumen spirometri. Data dianalisis menggunakan uji korelasi Spearman's rho. **Hasil:** penelitian menunjukan mayoritas responden memiliki tingkat aktivitas fisik sedang (50%) dan rendah (43,9%), dengan nilai FVC kategori normal (63,6%). Uji statistik menghasilkan koefisien korelasi sebesar 0,042 dengan nilai *p-value* 0,739 (>0,05). Simpulannya, tidak terdapat hubungan yang signifikan antara aktivitas fisik dengan nilai FVC pada populasi ini. Faktor lain seperti adaptasi fisiologis intermediat mungkin lebih mempengaruhi kapasitas paru dibandingkan intensitas aktivitas fisik harian.

Kata Kunci : Aktivitas Fisik, *Forced Vital Capacity* (FVC), Mahasiswa

THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND FORCED VITAL CAPACITY (FVC) VALUES IN STUDENTS ACTIVE IN THE UPN "VETERAN" JAKARTA FIKES STUDENT EXECUTIVE BOARD ORGANIZATION FOR THE 2025 PERIOD

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Abstract

Background: Lack of physical activity is a global problem that can reduce lung function, including forced vital capacity (FVC) values. Students who are active in organizations often face busy schedules that increase sedentary behavior and potentially reduce their vital lung capacity. **Research Purpose:** This study aims to analyze the relationship between physical activity and FVC values in students who are active in the BEM FIKES UPN "Veteran" Jakarta organization for the 2025 period. **Methods:** This quantitative study used a cross-sectional design involving 66 respondents selected through purposive sampling. The researchers measured physical activity levels using the International Physical Activity Questionnaire-Short Form (IPAQ-SF) and FVC values using a spirometry instrument. The data were analyzed using Spearman's rho correlation test. **Result Researches:** The results showed that the majority of respondents had moderate (50%) and low (43.9%) levels of physical activity, with normal FVC values (63.6%). Statistical tests produced a correlation coefficient of 0.042 with a p-value of 0.739 (>0.05). In conclusion, there was no significant relationship between physical activity and FVC values in this population. Other factors, such as intermediate physiological adaptation, may have a greater influence on lung capacity than the intensity of daily physical activity.

Keyword : Physical Activity, Forced Vital Capacity (FVC), Students