

HUBUNGAN ANTARA STATUS GIZI, ASUPAN PROTEIN, ASUPAN ZAT BESI, DAN KUALITAS TIDUR DENGAN KEBUGARAN JASMANI PADA MAHASISWA POLITEKNIK PELAYARAN BANTEN

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Abstrak

Kemampuan tubuh dalam menjalankan aktivitas rutin tanpa mengalami kelelahan yang berarti dikenal sebagai kebugaran jasmani. Data Indeks Pembangunan Olahraga Kemenpora RI tahun 2024 menunjukkan bahwa 80% pemuda berusia 16-30 tahun tergolong memiliki kategori kebugaran jasmani rendah. Kondisi ini diduga berkaitan dengan status gizi, asupan protein, asupan zat besi, serta kualitas tidur mahasiswa, sehingga penelitian ini disusun untuk mengkaji keterkaitan antara faktor-faktor tersebut dengan kebugaran jasmani mahasiswa. Penelitian melibatkan 140 mahasiswa yang dipilih melalui *purposive sampling*, dengan rancangan *cross-sectional*. Status gizi ditentukan berdasarkan IMT, asupan protein dan zat besi diperoleh melalui metode *food recall 2x24 hours*, kualitas tidur dinilai dengan instrumen PSQI, dan kebugaran jasmani diukur melalui *Cooper Test* 12 menit. Pengolahan data dilakukan dengan uji *chi-square*, dilanjutkan dengan regresi logistik biner. Hasil uji bivariat menunjukkan keterkaitan bermakna antara status gizi ($p=0,010$) dan asupan zat besi ($p=0,035$) dengan kebugaran jasmani, sedangkan asupan protein ($p=0,577$) dan kualitas tidur ($p=0,975$) tidak menunjukkan hubungan signifikan. Hasil uji multivariat mengonfirmasi status gizi sebagai variabel paling berpengaruh terhadap kebugaran jasmani ($p=0,016$; AOR=2,590). Dapat ditarik kesimpulan bahwa status gizi dan asupan zat besi dapat berkontribusi terhadap kebugaran jasmani Mahasiswa Politeknik Pelayaran Banten.

Kata Kunci: Asupan Protein, Asupan Zat_besi, Kebugaran Jasmani, Kualitas Tidur, Status Gizi, Kualitas Tidur

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, PROTEIN INTAKE, IRON INTAKE, AND SLEEP QUALITY WITH PHYSICAL FITNESS AMONG STUDENTS OF THE BANTEN MARITIME POLYTECHNIC

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Abstract

The body's capacity to carry out routine activities without experiencing undue exhaustion is defined as physical fitness. Indonesia's Ministry of Youth and Sports, through its 2024 Sports Development Index, revealed that 80% of youth aged 16-30 years exhibit inadequate fitness levels. Given that nutritional status, protein and iron intake, and sleep quality are presumed to influence this condition, this study examined fitness levels among students of the Banten Maritime Polytechnic. Employing a cross-sectional research design, this study recruited 140 university students through purposive sampling. Body Mass Index served as the measure of nutritional status; protein and iron consumption were assessed through a 2x24-hour dietary recall; sleep quality was evaluated using the PSQI questionnaire; and fitness levels were determined via the 12-Minute Cooper Test. Data analysis was carried out through the chi-square test, followed by binary logistic regression. The bivariate test results revealed a meaningful association between nutritional status ($p=0,010$) and iron consumption ($p=0,035$) with physical fitness, whereas protein consumption ($p=0,577$) and sleep quality ($p=0,975$) showed no significant relationship. The multivariate test results confirmed nutritional status as the variable with the greatest influence on physical fitness ($p=0,016$; AOR=2,590). It can be concluded that nutritional status and iron consumption may contribute to physical fitness among students of the Banten Maritime Polytechnic.

Keywords: Iron Intake, Nutritional Status, Physical Fitness, Protein Intake, Sleep Quality