HUBUNGAN ANTARA INDEKS MASSA TUBUH DAN GERAKAN FUNGSIONAL PADA ANAK SEKOLAH DASAR USIA 8-11 TAHUN DI SDN 1 LIMO

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara indeks massa tubuh terhadap gerakan fungsional pada anak sekolah dasar usia 8-11 tahun di SDN 1 Limo. Data diperoleh dari 82 orang sampel (46 anak laki-laki dan 36 anak perempuan) yang telah sesuai dengan kriteria inklusi, eksklusi dan drop out. Berat badan (kg) dan tinggi badan (m) dihitung menggunakan rumus guna mendapatkan nilai indeks massa tubuh (IMT). Penilaian gerakan fungsional diskrining menggunakan alat penilaian Functional Movement Screen yang terdiri dari 7 gerakan yaitu, deep squat, hurdle step, in-line lunge, shoulder mobility, straight leg raises, stability push-up dan rotary stability dengan total nilai keseluruhan 21 poin. Total nilai FMS yang didapat dalam penelitian ini sebesar 16,09 poin (dari 21) dan IMT 16,034 $^{kg}/_{m^2}$. Hasil korelasi yang diperoleh yaitu ($r = -0{,}110$; $p = 0{,}325$). Dalam penelitian ini dapat diambil kesimpulan bahwa FMS berkorelasi negatif dan tidak signifikan dengan IMT.

Kata Kunci : Anak, Functional Movement Screen, Indeks Massa Tubuh

CORRELATION BETWEEN BODY MASS INDEX AND FUNCTIONAL MOVEMENTS IN 8-11 YEARS OF ELEMENTARY SCHOOL CHILDREN IN SDN 1 LIMO

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Abstract

This study aims to determine the correlation between body mass index to functional movements in elementary school children aged 8-11 years at SDN 1 Limo. Data were obtained from 82 sample people (46 boys and 36 girls) who were in accordance with the inclusio, exclusion and drop out criteria. Body weight (kg) and height (m) were calculated using a formula to obtain a body mass index (BMI) value. Functional Movement screen which consists of 7 movements namely, squat, obstacle step, in-line lunge, shoulder mobility, straight leg increase, push-up stability and rotational stability with a total score of 21 points. The total FMS value obtained in this study was 16.09 points (out of 21) and BMI 16.034 $^{kg}/_{m^2}$. The evaluation results obtained were ($r = -0.110$; $p = 0.325$). In this study it can be concluded that FMS is negatively correlated and not significant with BMI.

Keywords: Child, Functional Movement Screen, Body Mass Index