

## ABSTRAK

### HUBUNGAN STATUS GIZI DAN PENGETAHUAN GIZI SEIMBANG DENGAN KEBUGARAN JASMANI PADA ATLET PENCAK SILAT PAGAR NUSA GRESIK

**Latar Belakang:** Zat gizi dan kebugaran jasmani sangat penting untuk seorang atlet selain kebugaran jasmani dan zat gizi pengetahuan gizi juga sangat diperlukan untuk mencapai derajat sehat dan bugar untuk pengembangan prestasi. Berdasarkan data dari survei pendahuluan pada atlet pencak silat pagar nusa kabupaten gresik. Diketahui status gizi atlet termasuk normal. Berdasarkan hasil wawancara diketahui bahwa atlet yang mengikuti olahraga tersebut sebagian besar asupan yang dikonsumsi tidak seimbang dengan latihan fisik yang dilakukan. **Tujuan :** penelitian ini Untuk mengetahui Hubungan Statusgizi Dan Pengetahuan Gizi Seimbang Dengan Kebugaran Jasmani Pada Atlet Pencak Silat Pagar Nusa Gresik. **Metode** Penelitian ini menggunakan pendekatan *Cross Sectional*. Populasi yang di gunakan usia 10-18 tahun yang tergabung di Pagar Nusa Gresik. Sampel sebanyak 50 atlet. Data dikumpulkan melalui pengukuran berat badan, tinggi badan, dan persen lemak tubuh, pengisian kuesioner, dan tes kebugaran jasmani. **Hasil dan kesimpulan** menunjukkan 82% atlet memiliki IMT normal, 56% atlet memiliki persen lemak tubuh sehat, 76% atlet memiliki tingkat pengetahuan baik, dan 685% atlet memiliki tingkat kebugaran jasmani cukup. Uji statistik menunjukkan bahwa terdapat hubungan antara IMT/U dengan kebugaran jasmani ( $p=0,000$ ), dan tidak hubungan antara persen lemak tubuh ( $p=0,093$ ), pengetahuan gizi seimbang ( $p=0,326$ ) dengan kebugaran jasmani.

Kata kunci : *status gizi, persen lemak tubuh, pengetahuan, kebuagran jasmani*

## ABSTRACT

### THE ASSOCIATION OF NUTRITIONAL STATUS AND BETWEEN NUTRITION KNOWLEDGE WITH PHYSICAL FITNESS IN THE MARTIAL ARTS ATHLETE IN PAGAR NUSA GRESIK

**Background.** Nutrition and physical fitness are very important for an athlete in addition to Physical fitness and nutritional knowledge is also very necessary to achieve a healthy and fit degree for achievement development. Based on data from a preliminary survey on martial arts athletes in Pagar Nusa Gresik The athlete's nutritional status is known to be well. Based on the results of interviews, it is known that the athletes who participate in the sport most of the intake consumed is not balanced with physical exercise. **Purpose.** This study is to determine the relationship between nutritional status and balanced nutrition with physical fitness in the martial arts athlete in Pagar Nusa Gresik. **Method.** This research uses a cross sectional approach. The population used is 10-18 years old who are members of the Nusa Gresik Fence. A sample of 50 athletes. Data was collected through measurements of body weight, height, and body fat percent, filling out questionnaires, and physical fitness tests. **Results and conclusions.** The results showed 82% of athletes had normal BMI, 56% of athletes had healthy body fat percent, 76% of athletes had good levels of knowledge, and 685% of athletes had sufficient physical fitness levels. Statistical tests show that there is a relationship between BMI / U with physical fitness ( $p = 0,000$ ), and no relationship between body fat percent ( $p = 0.093$ ), balanced nutritional knowledge ( $p = 0.326$ ) with physical fitness.

**Keywords:** *nutritional status, percent body fat, knowledge, physical fitness*