

Physical Fitness of Students Based on the Nutrition Status of the Homeless Students

Eka Oktaviani, Sunaryo Soenarto, Mohammad Reza PR
Education Technology, Graduate
State University of Yogyakarta, Yogyakarta, Indonesia
 ekaajau37@gmail.com

Abstract- This study aims to determine the level of physical fitness nutritional status of homeless children. The method used in this research is the descriptive method using measurement techniques and using a purposive sampling technique test. The population in this study were 40 students from Mawar 2 Special Class Banjarmasin in Banjarmasin, while the research sample consisted of 30 people. Researchers used the Sampling Technique and research instruments, which included the Indonesian Physical Fitness Test (TKJI) Weight (BB), Height (TB). It shows the level of good physical fitness of students and nutritional status in the category of good nutrition. The test results show the level of physical fitness alone, the level of physical fitness in both categories at once. There are 9 categories of people (47.37%), categories of around 10 people (52.63%), while zero physical fitness of women (0). Fitness in the second category is either zero or zero (0), girls from the medium category are 1 (9: 09%), categories are less than 8 years (72.73%), and less than once are category 2 girls (18: 18%). The results of measuring good nutritional status include 11 men (58%) in the good category, 5 men (26%), and the poor category of 3 children (16%) who are poor while the nutritional status of 7 girls (64%) is in the category of good nutrition.

Keywords: *physical fitness, nutritional status, learner*

I. INTRODUCTION

physical exercise and health education (PE) is part of the education system as a whole, the results of which are expected to be achieved in a long time. said physical education is: "the process between the learners and the environment through physical activity should be systematically against Indonesia fully human." The purpose of physical education not only developing but also developed the world aspects of physical health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning, and moral action through physical activity and Sports. A basic cooling needs to have optimal physical [1].

Each learner has different physical fitness levels of each other. To obtain the physical fitness level of students who either need is to involve learners actively in school activities physical education either in-game or in the formation of the sport and everything to do with the joy that the students do not get bored with the subject matter presented [2].

On the other hand, teachers must have the ability to, among other things: (1) developing the intrinsic and extrinsic motivation, (2) monitor and intrinsic motivation, (3) describe the activities, (4) selecting and monitoring activities, (5) make the conclusion. Seeing the physical fitness movement

has an activity to consider the nutritional status of a condition caused by the balance of the number of nutrients with the needs of the nutrients needed by the body to perform a variety of biological processes of the body — nutritional problems of students today who do not know the importance of nutrition for our bodies. Haveli homeless children differ from other children as claimed Ministry of Social Affairs (2005: 5), street children are children who spend most of their time to perform activities of daily living in the streets, either to live or roam the streets and other public places. Street children have characteristics, ages 5 to 18 years, committed or roaming the streets, mostly dull appearance and clothing of high mobility ignored. But in a special school class Mawar 2 Banjarmasin has given time to learn that already in the set, so those homeless children can get an education and be able to continue their activities.

Where children the street caused by poverty, personality disorders, and external factors of children. They have their way of life and is often regarded as the dregs of society. Streetlife is not conducive, and the lack of supervision of the family, making the street children are particularly vulnerable to various forms of violence. [3].

The state of the body's nutritional status is the result of a balance of nutrients that enter the body and its use. Nutritional problems can be caused by the consumption patterns of people who guide lanced nutrition [4], A characteristic pattern of consumption of Indonesian society, among others: the consumption of oils and fats that have been in the group for the adequacy of the recommended vegetable and fruit consumption [5].

Learners in primary schools is a national asset that can be useful for the people of Indonesia and the nation-state. Therefore, resources should be maintained for elementary school students optimally for a particular student, bum them [6] — supporting factors in achieving optimal human resources, including the nutritional status of learners (underdog). School is an institution that can provide a massage at the learners (rookie) on the function of nutrition on human growth and development.

Said physical fitness is the ability to perform activities of daily activities are normal and full alertness, without experiencing fatigue which means they have the energy reserves to enjoy the holidays and emergencies that come arrive-Arrived [7] Indonesian Ministry of National Education is a case of growth monitoring is indicated to evaluate the monitoring of the nutritional status of a child's nutritional status [8], The development of nutritional status monitoring relative definition itself (not rigid). Therefore, the

interpretation of the development of nutritional status based on the results of monitoring of growth, only to conclude that the nutritional status of children remains good, better or new. Research Rush aims to find out the level of fitness and nutritional status of homeless children in school Mawar 2 Banjarmasin.

II. METHOD

The method used in this research is a descriptive method with measurement and test engineering. The population in this study is a special school student of the class Mawar 2 Banjarmasin, which numbered 40 people, while the total sample of 30 people aged 13-15 and 16-19 years old with a purposive sampling technique. The instruments used are the Physical Fitness Test Indonesia (TKJI) and test weight/height. The data collection technique using a physical fitness test (1) to run 50 meters, (2) interest, (3) sit-ups, (4) jump, (5) Running 1,000 meters (Men: age 13-15 years) / ran 1,200 meter (Men aged 16-19 years) reported 800 meters (Female: age 13-15 years) / run 1,000 meters (Female: age 16-19 years). And tests of nutritional status (1) weight, (2) high. The data collected can be determined in fitness and nutrition onions. Analysis of the data and the physical fitness test data collected to put the nutritional status in the table, by converting into categories and then calculated using the percentage of $NK = \frac{\text{number of subjects in the group}}{\text{N}} \times 100\%$ = personas.

III. RESULT AND DISCUSSION

Table 1. Level of physical fitness test results and the nutritional status of school 2 Banjarmasin

No	component test	N	Mean	Result supreme	Result Availability
1	Level of Physical Freshness	30	00,40	17	8
2	nutritional status	30	100	211,23	47,52

Variable Physical Fitness test results in this study are denoted by X. Based on the results of physical fitness test highest score was 17 and the lowest value of 8 with an average score of 12:40 and a standard deviation of 2.19. While the nutritional status of test variables in this study are denoted by Y. Based on the nutritional status of test results obtained the highest score of 211.23 and the lowest score of 47.52 with an average value of 100 and a standard deviation of 142.68. Physical fitness test results and nutritional status (Rookie) at usia13-15 and 16-19 years in elementary school and junior Mawar 2 Banjarmasin. Presented in Figure 1.

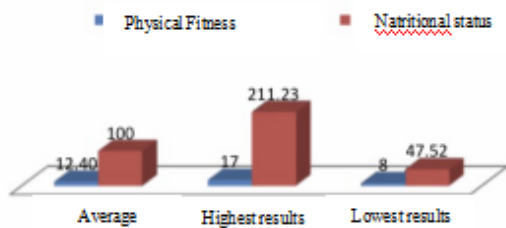


Fig 1. Diagram of Physical fitness

The graph in Figure 1 Test data results in physical fitness levels and nutritional status of school tramp Analysis of the data graph 30 school students homeless children in school Mawar 2 Banjarmasin good average physical 12:40 and the average amount of nutrition 100 with fitness and nutrition as homeless children in school Mawar 2 Banjarmasin pretty good.

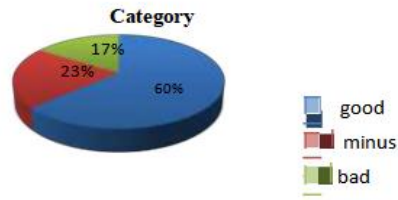


Figure 2. Diagram of Nutritional Status of School Children Circle Mawar 2 Banjarmasin.

Data from children 30 high school students bum. There were 18 (60%) have good nutrition, 7 (23%) of malnutrition, and 5 (17%) had severe malnutrition. Data are shown in the diagram which states children bum in school Mawar 2 Banjarmasin pretty good.

IV. CONCLUSION

Based on data analysis and hypothesis testing using descriptive statistical results, it can be concluded that the Physical Fitness Results of Mawar 2 Banjarmasin School Students are mostly good, and the results of measurement of Elementary School Student Nutrition status show that the average homeless students have good nutritional status.

REFERENCES

- [1] Astri, Herlina Live Indonesian Street Children: Causes, Order of Life and Vulnerability behave Although, Aspirations, Vol. 5, 2, December 2014.
- [2] Fitriani, Polite. Physical Freshness Levels and Status Gizi Kelas siswaVII SMP 1 Bantul, Yogyakarta. PJKR University of Yogyakarta. 2012.
- [3] Moelyono, W. health sport. Jakarta: education Department. Moch. Agus Krisno, 1999.
- [4] Budiyanto. Basics of Nutrition (Revised Edition). Poor: JMM., 2001
- [5] Perfect, Ali. Research Methodology in Sports. Surabaya: UniSA University Press. 2009.
- [6] Mastur Riadi. Gained Through Physical Fitness weight training (BeratLatihan). Mataram: Teacher' FPOK training Mataram, 2010.
- [7] Sudjana. Statistical Methods. Bandung: PT. Tarsito Bandung. 2005.
- [8] Sunarno, Basuki, Nutritional Sciences (For Athletes, coach, Practitioners sports), PT. Printing Fantastic LKIS Yogyakarta. 2014