

PERSETUJUAN PEMBIMBING

SKRIPSI

**HUBUNGAN ANTARA ASUPAN ENERGI DAN AKTIVITAS FISIK
DENGAN PERSEN LEMAK TUBUH PEDAGANG PASAR LILUWO**

Oleh

SUSANLY AINUN HANDOKO

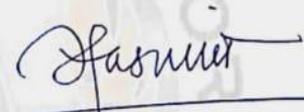
NIM: 811417068

Telah diperiksa dan disetujui untuk diuji

Pembimbing I

Pembimbing II

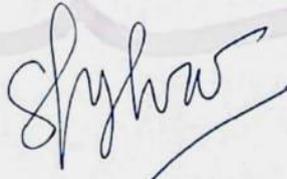

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LEMBAR PENGESAHAN

SKRIPSI

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DENGAN PERSEN LEMAK TUBUH PEDAGANG PASAR LILUWO

Oleh

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Hari/Tanggal : Kamis, 17 Juni 2021

Waktu : 13.00 – 14.00 WITA

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ABSTRAK

Susanly Ainun Handoko, 811417068. 2021. Hubungan Antara Asupan Energi Dan Aktivitas Fisik Dengan Persen Lemak Tubuh Pedagang Pasar Liluwo. Skripsi. Pembimbing I Dr. Sunarto Kaadir, Drs., M.Kes dan Pembimbing II Dr. Laksmyn Kadir, S.Pd., M.Kes. Jurusan Kesehatan Masyarakat, Fakultas Olahraga dan Kesehatan, Universitas Negeri Gorontalo

Persen lemak tubuh dipengaruhi oleh asupan energi dan aktivitas fisik. Persen lemak tubuh adalah salah satu komposisi tubuh dimana merupakan persentase berat lemak total dalam tubuh terhadap berat badan seseorang. Rumusan masalah bagaimana hubungan antara asupan energi dan aktivitas fisik dengan persen lemak tubuh pedagang Pasar Liluwo. Tujuan penelitian untuk mengetahui hubungan antara asupan energi dan aktivitas fisik dengan persen lemak tubuh pedagang Pasar Liluwo.

Penelitian survey analitik dengan pendekatan *cross sectional*. Populasi pedagang Pasar Liluwo dengan penentuan sampel menggunakan *Total Sampling* dengan jumlah 71 responden. Analisis data menggunakan uji *Rank Spearman*.

Hasil penelitian variabel asupan energi kategori kurang sebanyak 2 responden (2.8%), baik 31 responden (43.7%) dan lebih 38 responden (53.5%). Variabel aktivitas fisik kategori ringan 36 responden (50.7%), sedang 25 responden (35.2%) dan berat 10 responden (14.1%). Variabel persen lemak tubuh dengan kategori *healthy* 34 responden (47.9%), *overfat* 20 responden (28.2%) dan *obese* 17 responden (23.9%). Analisis Bivariat didapatkan variabel yang berhubungan dengan persen lemak tubuh adalah variabel asupan energi dengan nilai $r = 0.75$ dan $p = 0.00$, sedangkan yang tidak berhubungan adalah variabel aktivitas fisik dengan nilai $r = 0.10$ dan $p = 0.39$.

Simpulan terdapat hubungan antara asupan energi dengan persen lemak tubuh pedagang pasar liluwo dan tidak terdapat hubungan antara aktivitas fisik dengan persen lemak tubuh pedagang pasar liluwo. Bagi pedagang diharapkan lebih memperhatikan tubuh sendiri khususnya mengontrol berat badan, memperhatikan asupan makanan dan mengetahui dampak dari kelebihan berat badan terhadap risiko timbulnya penyakit.

Kata Kunci: Asupan Energi; Aktivitas Fisik; Persen dan Lemak Tubuh

ABSTRACT

Susanly Ainun Handoko, 811417068. 2021. **The Correlation between Energy Intake and Physical Activity with Body Fat Percentage of Tradesmen in Liluwo Traditional Market.** Undergraduate Thesis. The Principal Supervisor is Dr. Sunarto Kaadir, Drs., M.Kes., and the Co-Supervisor is Dr. Laksmyn Kadir, S.Pd., M.Kes. Department of Public Health, Faculty of Sports and Health, State University of Gorontalo.

Body fat percentage is influenced by energy intake and physical activity. Body fat percentage is one of the body compositions, which is the percentage of total body fat and refers to person's body weight. This study aims to obtain the correlation between energy intake and physical activity with body fat percentage of tradesmen in Liluwo Traditional Market.

In conducting this study, it applies an analytic survey with cross sectional approach where the samples consist of 71 respondents from total sampling. The data collected are analyzed by Rank Spearman test.

The result reveals that the variable of energy intake with deficient category consists of 2 respondents (2,8%), good category consists of 31 respondents (43.7%), and over category consists of 38 respondents (53.5%). Further, the variable of physical activity with light activity category consists of 36 respondents (50.7%), moderate activity category consists of 25 respondents (35,2%), and vigorous activity category consists of 10 respondents (14,1%). The variable of body fat percentage with health category consists of 34 respondents (47,9%), overfat category consists of 20 respondents (28,2%), and obese category consists of 17 respondents (23,9%). The analysis of Rank Spearman variable, which has a correlation with body fat percentage, is the variable of energy intake with score $r = 0.75$ and $p = 0,00$, whereas the unrelated variable in this research is physical activity with score $r = 0,10$ and $p = 0,39$.

Through the results, it concludes that there is a correlation between energy intake and body fat percentage of tradesmen in Liluwo traditional market, although the variable of physical activity doesn't contribute to it. Therefore, it is expected that tradesmen can pay attention to their own body particularly to control their weight. They also need to concern about food intake and find out the impact of being overweight, which may lead to other diseases.

Keywords: Energy Intake; Physical Activity; Body Fat percentage

