

## **THE RELATIONSHIP BETWEEN BODY MASS INDEX OF ACTING 1<sup>ST</sup> SEMESTER STKIP MBB WITH OVERWEIGHT**

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### **Abstract**

*The results of this study indicate that there is a relationship between body mass index and body weight. The relationship between habits or lifestyle with weight is very influential. This happens because the average research subject does not regulate a healthy lifestyle. In this study, 54 students were selected as research subjects consisting of 42 male subjects and 12 female subjects. Most of the subjects in this study had nutritional status that showed a body mass index in the normal weight category of 25 people, 8 overweight subjects, 6 underweight subjects, and 6 obese weight subjects. Data collection techniques through direct surveys, data analysis calculation techniques in research using quantitative approaches techniques. The conclusion of this study was the ideal body weight of 25 people, below normal 6 people, 8 overweight people and 6 obese people.*

**Keywords:** *Students, Body Mass Index, Obesity*

### **Introduction**

In the process of sports education one of the obstacles faced by students is in their own physical form. Especially dealing with physical-related learning. By having excessive weight or overweight even to obesity. Circumstances like this that make students experience obstacles in doing sports activities.

Mochamad Khunsul Yaqin (2014) stated broadly, obesity is the impact of energy imbalances: Intake far exceeds energy output within a certain period. There are so many factors that support this advantage, however, it can be simplified into two things, namely: (1) Too much eating, coupled with (2) Too little movement. Diet is now increasingly proven as a major contributor to obesity in particular and chronic health problems in general.

To measure obesity, you can use BMI, a simple way to monitor nutritional status related to weight deficiency and body weight, Suryana, Yulia Fitri (2017). A person's physical size is very closely related to nutritional status, Ode J, et al (2007). On that basis, good and reliable measures for determining nutritional status by anthropometric measurements. This is because it is easier to do than other nutritional status assessments, especially for rural areas, Mochamad Khusnul Yaqin (2014).

Nia Lukita Ariani (2017) obesity is a condition of the imbalance of the amount of energy coming from nutritional intake with energy used both for basal metabolism and other activities. The variety of foods that are more savory,

sweeter, faster in the process of serving (fast food), and the availability of edible oil is a cause of increased obesity.

One of the causes of obesity is due to the influence of unfavorable lifestyles, such as eating foods that are less nutritious and also irregular eating patterns. Thus the first semester STKIP MBB students are not ideal body weight and height.

The method used in this paper includes weight and height data measured by using a scale and a meter. Thus the results of weight and height studies of STKIP MBB semester 1 students can be known to have an ideal or obese body.

## Method

This type of research is a descriptive study from class A to class B to determine obesity through measurements of height and weight of students of STKIP MBB. In this study there is only one independent variable, namely obesity in first semester PJKR students.

The population in this study were all semester 1 PJKR students, amounting to 54 students, So the technique used is total sampling, meaning that all populations are sampled, Sugiyono (2018).

The research instrument is a measuring instrument used to collect data, Mochamad Khusnul Yaqin (2014). As for the tools used in researching:

1. A scale
2. Meteran
3. Test tool to record test results
4. Table IMT

To analyze the data collected, the following formula is used:

Height changed to (M)

Height \* Height = M<sup>2</sup>

Weight \* Height M<sup>2</sup> = IMT

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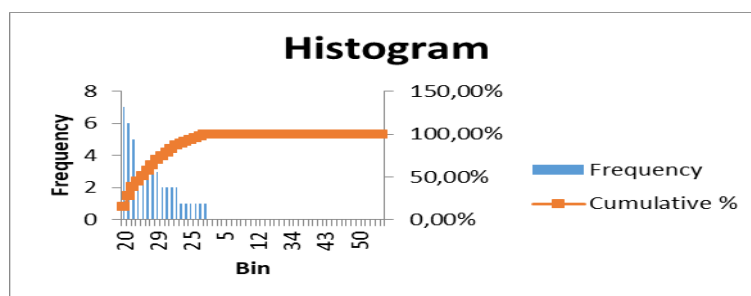
Table 1. Height and Weight

NO	NAMA	BB (Kg)	TB (CM)	TB (M)	TB (M <sup>2</sup> )	1 MT
1	RUSDI PIONO	72	177	1,77	3,1329	22,9819
2	ABDUL VICKY YUSMAYDI	61	164	1,64	2,6896	22,67995
3	GILANG IFANDI	60	164	1,64	2,6896	22,30815
4	PRASTANTO WIBOWO	87	164	1,64	2,6896	32,34682
5	MUKHLAS ALAMSYAH				0	
6	SAHRUL RAMADHAN	51	165	1,65	2,7225	18,73278
7	MARSILA	47	153	1,53	2,3409	20,07775
8	FERDIANSYAH	77	163	1,63	2,6569	28,98114
9	RUSLAN ABDUL GANNI	71	163	1,63	2,6569	26,72287
10	AGUNG	74	162	1,62	2,6244	28,19692
11	ARTHA YURANDA				0	

12	FERDI WIRANDA	66	165	1,65	2,7225	24,24242
13	RAHMAD WICAKSANO	65	158	1,58	2,4964	26,03749
14	ADE RINALDI	64	159	1,59	2,5281	25,31545
15	ANDANG SUGITO				0	
16	ZIQRI YAHANDI	80	167	1,67	2,7889	28,68514
17	MARSUWEN LUTA	52	166	1,66	2,7556	18,87066
18	CHOVA RENALDI	60	172	1,72	2,9584	20,28123
19	IVANDI RAHMAN	55	168	1,68	2,8224	19,48696
20	DIAH RETNO ARUM SARI	74	151	1,51	2,2801	32,45472
21	PUTRI SANGGAR KUSUMA	52	156	1,56	2,4336	21,36752
22	MUHAMMAD KAMALUDIN	AZIZ			0	
23	IBNU ILHAM	61	155	1,55	2,4025	25,39022
24	YOZANDI CAHYA				0	
25	REYNALDI	51	162	1,62	2,6244	19,43301
26	MUHAMMAD IRFAN SAPUTRA				0	
27	SAFARANI TARA. M	50	154	1,54	2,3716	21,08281
28	AFTHIA AZKA NABILA	89	159	1,59	2,5281	35,2043
29	BAGUS SABILAL	45	165	1,65	2,7225	16,5289
30	TRİYANIE RIZKA IGADIANIB	50	159	1,59	2,5281	19,7777
31	MAULANA ADI PUTRA	42	160	1,6	2,56	16,4063
32	FIKRI FAIZAL	60	172	1,72	2,9584	20,2812
33	BAGUS SETIYO	94	174	1,74	3,0276	31,0477
34	BAYU SAPUTRA	41	164	1,64	2,6896	15,2439
35	DESTY WULANSARI	50	157	1,57	2,4649	20,2848
36	ERIDA KANALIA	53	161	1,61	2,5921	20,4467
37	INDRA NOFAN	50	167	1,67	2,7889	17,9282
38	MIRZA NURFAKIH	50	171	1,71	2,9241	17,0993
39	OKTA BERLIANTI	55	155	1,55	2,4025	22,8928
40	SINTIA	49	159	1,59	2,5281	19,3821
41	MUHAMMAD ISNAN FAJAR	54	165	1,65	2,7225	19,8347
42	ANGGI SETIAWAN	60	169	1,69	2,8561	21,0077
43	ANDRI YANATA	55	164	1,64	2,6896	20,4491
44	ALPIN	55	166	1,66	2,7556	19,9594
45	SYUKRON MA'MUN	54	171	1,71	2,9241	18,4672
46	PUTRA ANDIKA SETIAWAN	48	158	1,58	2,4964	19,2277
47	AYUNI RISTANTI	46	156	1,56	2,4336	18,902

48	SATRIA MANGGALA PUTRA	46	160	1,6	2,56	17,9688
49	SENY ALIA FASYAH	88	156	1,56	2,4336	36,1604
50	ALVIN KURNIAWAN	88	156	1,56	2,4336	36,1604
51	WAHYU HIDAYAT	76	167	1,67	2,7889	27,2509
52	SARIKA AMILIANA	61	165	1,65	2,7225	22,4059
53	CANDRA GUNAWAN	-	-		0	
54	NEISY	44	164	1,64	2,6896	16,3593

Figure 1. Histogram Percentase Height and Weight



## Discussion

In this study, 54 students were selected as research subjects consisting of 42 male subjects and 12 female subjects. Most of the subjects in this study had nutritional status that showed a body mass index in the normal weight category of 25 people, 8 overweight subjects, 6 underweight subjects, and 6 obese weight subjects.

Descriptive test results in this study using the histogram method found a significant relationship between body mass index with normal weight, below normal, overweight and obesity. Test results with data collection techniques, this study has a relationship between BMI with lifestyle and genetics. Some confounding variables (gender, smoking habits, fatty consumption habits, alcohol consumption, watching TV, playing games and physical activity). Because the variables above are things that are often done or daily habits, Marhaposan Situmorang, (2015) which revealed there was a relationship between watching television and playing games with the incidence of obesity. This may be due to the more time spent on sedentary behavior, the less is spent on physical activity.

The results of this study indicate that there is a relationship between body mass index and body weight. The relationship between habits or lifestyle with weight is very influential. This happens because the average research subject does not regulate a healthy lifestyle

## Conclusion

IMT gauges that use scales to measure weight and meters to measure height with data collection techniques. Which aims to find out their normal or

abnormal body mass index. The conclusion of this study was that the ideal body weight was 25 people, below normal 6 people, 8 overweight people and 6 obese people.

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