

THE CONTRIBUTION OF DAILY PHYSICAL ACTIVITY AND DIETARY CONSUMPTION PATTERNS TO BODY FAT PERCENTAGE AMONG STUDENTS AT BAPTIS JUNIOR HIGH SCHOOL BANDUNG

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INTRODUCTION

Background

1. **Obesity as a health threat.**
2. **Student consumption patterns and physical activity in the modern era.**
3. **The importance of growth periods.**
4. **Previous research focusing on the relationship of a single variable.**
5. **The size of the contribution as a reference.**

Problem Statement

01. Is there a relationship between physical activity and body fat percentage of students at SMP Baptis Bandung?

02 Is there a relationship between eating habits and body fat percentage of students at SMP Baptis Bandung?

03. How do daily physical activity and eating habits, separately or together, contribute to the body fat percentage of Bandung Baptist middle school students?

Research Purpose

01.

To find out whether there is a relationship between physical activity and the body fat percentage of students at Bandung Baptist Junior High School.

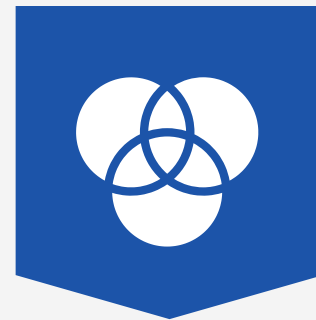
02.

To find out if there is a relationship between eating patterns and the fat percentage of students at Bandung Baptist Junior High School.

03.

To find out whether daily physical activity and food consumption patterns contribute either separately or together to the body fat percentage of students at Bandung Baptist Junior High School.

Research Method



METODE

Method: Quantitative
Descriptive
Model: Correlational



SAMPLE

Population: Students of SMP
Baptis Bandung.
Technique: Stratified Sampling.
Sample: 37 Boys and 21 Girls



INSTRUMENTS

1. **Food Record 3 Day**
2. **Physical Activity Questionnaire (PAQ-A)**
3. **Karada Scan**

Result

NORMALITY TEST

Variabel	Signifikansi
X1	(0.178)
X2	(0.054)
Y	(0.047)

CORELATIONAL TES

Variabel	R	Signifikansi
X1-Y	(-0.553)	(0.000)
X2-Y	(0.405)	(0.002)
X1 & X2 - Y	(0.681)	(0.000)

Discussion

There is a significant moderate negative relationship between the physical activity variable and body fat percentage, with a correlation coefficient of (-0.553) and a significance value of (0.000). The results differ from previous research by Suryana, Fitri Y. (2017), which stated that 'there is no significant relationship between physical activity and BMI and body fat composition.'

There is a moderate positive significant relationship between the variable of eating habits and body fat percentage, with a correlation coefficient of 0.405 and a significance value of 0.002. This research is in line with the study by Nisa F.A, Pontang & Purbowati (2017), which stated that there is a significant relationship between food consumption and the body fat percentage of middle school students, with a significance score of 0.001.

Discussion

The analysis results using multiple linear regression on physical activity and eating patterns toward body fat percentage obtained an R value of 0.681, which means these two X variables have a strong correlation with the Y variable.

Conclusion

1. There is a moderate negative relationship between physical activity and body fat percentage among students of SMP Baptis Bandung.
2. There is a moderate positive relationship between eating habits and body fat percentage of students at SMP Baptis Bandung.
3. There is a 30.58% contribution of daily physical activity to body fat percentage, then a 16.4% contribution of eating habits to body fat percentage, and a 46.45% contribution of physical activity and eating habits together to the body fat percentage of students at SMP Baptis Bandung.

References

Suryana, S., & Fitri, Y. (2017). Hubungan Aktivitas Fisik dengan IMT dan Komposisi Lemak Tubuh. *Action: Aceh Nutrition Journal*, 2(2), 114-119.
<http://dx.doi.org/10.30867/action.v2i2.64>

Nisa. F.A, Pontang & Purbowati. (2017). Hubungan Antara Asupan Energi, Karbohidrat dan Lemak dengan Persen Lemak Tubuh pada Siswa SMP Usia 13- 15.

Research Gallery

