

**PENGARUH STATUS GIZI DAN KEBUGARAN JASMANI TERHADAP
MOTIVASI BELAJAR PESERTA DIDIK DALAM MASA PANDEMI
COVID-19**

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Abstrak

Artikel ini diangkat dengan alasan bahwasannya masalah yang di temukan karena banyaknya faktor yang dapat mempengaruhi status gizi dan kebugaran jasmani terhadap motivasi belajar peserta didik dalam masa pandemi Covid -19. Artikel ilmiah ini bertujuan untuk mengetahui pengaruh status gizi dan kebugaran jasmani terhadap motivasi belajar peserta didik dalam masa pandemi Covid-19. Metode dalam penelitian ini yaitu penelitian studi literature, jurnal yang diambil dari goegle schooler dan didapatkan hasil dari analis berbagai jurnal yaitu terdapat pengaruh status gizi dan kebugaran jasmani terhadap motivasi belajar peserta didik dalam masa pandemi Covid-19. Hasil penelitian ini menunjukkan bahwa (1) terdapat pengaruh antara status gizi terhadap motivasi belajar siswa pada masa pandemi covid-19,(2) terdapat pengaruh antara kebugaran jasmani terhadap motivasi belajar siswa pada masa pandemi covid-19, (3) terdapat pengaruh antara status gizi dan kebugaran jasmani secara bersamaan terhadap motivasi belajar siswa pada masa pandemi covid-19 .

Kata kunci: *Status Gizi, Kebugaran Jasmani, Motivasi Belajar.*

Abstract

The article is based on the reason that the problems found are due to the many factors that can affect nutritional status and physical fitness on the learning motivation of students during the Covid -19 pandemic. This scientific article aims to determine the effect of nutritional status and physical fitness on students' learning motivation during the Covid-19 pandemic. The method in this research is literature study research, journals taken from goegle schooler and the results obtained from various journal analysts, namely that there is an effect of nutritional status and physical fitness on student learning motivation during the Covid-19 pandemic. The results of this study indicate that (1) there is influence between nutritional status on student learning motivation during the Covid-19 pandemic, (2) there is influence between physical fitness on student learning motivation during the Covid-19 pandemic, (3) There is influence between nutritional status and physical fitness simultaneously on student learning motivation during the Covid-19 pandemic

Keywords: *Nutritional Status, Physical Fitness, Learning Motivation.*