

## ABSTRACT

**Ossy Ulfha Silvanny. (2019). Effect of Swimming Style and Nutrition Status on Asthma Complaints. Experimental Study on Elementary School Students in Nanggalo Lapai Subdistrict, Padang City. Thesis. Sports Education Study Program (S2) Faculty of Sports Science, Padang State University.**

The problem in this study originated from asthma complaints suffered by elementary school students in Nanggalo Lapai Subdistrict, Padang City, such as State Elementary School 06 and State Elementary School 18. This causes, students have limitations in physical activity, fatigue, lack of enthusiasm, posture less ideal (tends to be a bit thin), and has below average academic grades. This study aims to determine the effect of swimming style and nutritional status on asthma complaints of elementary school students in Nanggalo Lapai Subdistrict, Padang City.

This type of research is an experiment with factorial design By Level  $2 \times 2$ . The population in this study is all students of State Elementary Schools 06 and 18 Nanggalo Lapai District of Padang City who suffer from asthma complaints totaling 32 people. The sampling technique uses saturated sampling, so that all populations are sampled. The asthma complaint instrument uses peak flow meter and nutritional status using anthropometry. Data were analyzed by ANOVA  $2 \times 2$  and Tukey's further tests at significance  $\alpha = 0.05$

Hypothesis testing results show, (1) there is a difference in the effect between breaststroke and freestyle swimming against asthma complaints ( $Q_h = 3.05 > Q_t = 3.00$ ), (2) there is an interaction between breaststroke and freestyle swimming with nutritional status ( $F_h = 8.11 > F_t = 4.20$ ), (3) there is a difference in effect between the groups who were given breaststroke and freestyle swimming treatments seen from the ideal nutritional status of asthma complaints ( $Q_h = 5.00 > Q_t = 3.26$ ), and (4) there is no difference in the effect between the groups given the treatment of breaststroke and freestyle swimming seen from the nutritional status not ideal for asthma complaints ( $Q_h = 0.69 < Q_t = 3.26$ ).

***keywords : Chest Style Swimming, Freestyle Swimming, Nutrition Status, and Asthma Complaints***

## ABSTRAK

**Ossy Ulfha Silvanny. (2019). Pengaruh Gaya Renang dan Status Gizi terhadap Keluhan Asma. Studi Eksperimen pada Siswa SD Kecamatan Nanggalo Lapai Kota Padang. Tesis. Program Studi Pendidikan Olahraga (S2) Fakultas Ilmu Keolahragaan Universitas Negeri Padang.**

Masalah dalam penelitian ini berawal dari keluhan asma yang diderita siswa SD Kecamatan Nanggalo Lapai Kota Padang, seperti SD Negeri 06 dan SD Negeri 18. Hal ini menyebabkan, siswa memiliki keterbatasan dalam melakukan aktivitas fisik, cepat lelah, kurang bersemangat, postur tubuh kurang ideal (cenderung agak kurus), serta memiliki nilai akademis di bawah rata-rata. Penelitian ini bertujuan untuk mengetahui pengaruh gaya renang dan status gizi terhadap keluhan asma siswa SD Kecamatan Nanggalo Lapai Kota Padang.

Jenis penelitian adalah eksperimen dengan desain faktorial *By Level* 2 x 2. Populasi dalam penelitian yaitu seluruh siswa SD Negeri 06 dan 18 Kecamatan Nanggalo Lapai Kota Padang yang menderita keluhan asma berjumlah 32 orang. Teknik penarikan sampel menggunakan *Sampling Jenuh*, sehingga semua populasi dijadikan sampel. Instrument keluhan asma menggunakan *Peak Flow Meter* dan status gizi menggunakan *Anthropometri*. Data di analisis dengan ANOVA 2 x 2 dan uji lanjut *Tukey* pada taraf signifikansi  $\alpha = 0,05$ .

Hasil pengujian hipotesis menunjukkan, (1) terdapat perbedaan pengaruh antara renang gaya dada dan renang gaya bebas terhadap keluhan asma ( $Q_h = 3,05 > Q_t = 3,00$ ), (2) terdapat interaksi antara renang gaya dada dan renang gaya bebas dengan status gizi ( $F_h = 8,11 > F_t = 4,20$ ), (3) terdapat perbedaan pengaruh antara kelompok yang diberikan perlakuan renang gaya dada dan renang gaya bebas dilihat dari status gizi ideal terhadap keluhan asma ( $Q_h = 5,00 > Q_t = 3,26$ ), dan (4) tidak terdapat perbedaan pengaruh antara kelompok yang diberikan perlakuan renang gaya dada dan renang gaya bebas dilihat dari status gizi tidak ideal terhadap keluhan asma ( $Q_h = 0,69 < Q_t = 3,26$ ).

***Kata kunci : Renang Gaya Dada, Renang Gaya Bebas, Status Gizi, dan Keluhan Asma***