

ABSTRACT

Rahmat Helmianang Budiyanto, 2021.: The Influence of Parents 'Nutritional Status, Motivation and Socioeconomic Status on the Physical Fitness of Students of SMP IT IQRA' Solok City.

The problem of this research is the low physical fitness of the students of SMP IT IQRA 'Solok City. This is thought to be influenced by nutritional status, motivation and economic results of parents. The purpose of this study was to determine the effect of the nutritional status, motivation, and socioeconomic status of parents on the physical fitness of IT IQRA students in Solok City.

The research method is quantitative, approach Path Analysis (*PathAnalysis*). The study population of SMP IT IQRA 'Solok City was 109 students. The sampling technique was *positive random sampling*, in order to obtain a sample of 30 students. The data were collected using a nutritional status test with BMI, a questionnaire measuring the motivation and socioeconomic of parents. To collect physical fitness data, the Indonesian Physical Fitness Test (TKJI) was used.

The results of the study at a significant level of 0.05 were determined: (1) There was a significant direct effect of nutritional status on the physical fitness of students of SMP IT IQRA 'Solok City, with a contribution of 31.92%. (2) There is a significant direct effect of motivation on the physical fitness of SMP IT IQRA 'Solok City students, with a contribution of 1.14%. (3) There is a significant direct socioeconomic effect of parents on the physical fitness of SMP IT IQRA 'Solok City students, with a contribution of 2.02%. (4) There is an indirect effect of nutritional status through the socioeconomic status of parents on the physical fitness of students of SMP IT IQRA 'Solok City, with a contribution of 8.24%. (5) There is an indirect influence of motivation through the socio-economic parents of the parents on the physical fitness of students of SMP IT IQRA 'Solok City, with a contribution of 0.35%.

Keywords: Nutritional Status, Motivation, Socio-Economic and Physical Fitness Results

ABSTRAK

Rahmat Helmianang Budiyanto, 2021. : Pengaruh Status Gizi, Motivasi Dan Sosial Ekonomi Orang Tua Terhadap Kesegaran Jasmani Siswa SMP IT IQRA' Kota Solok.

Masalah penelitian ini adalah rendahnya kesegaran jasmani siswa SMP IT IQRA' Kota Solok hal ini diduga dipengaruhi oleh status gizi, motivasi dan hasil ekonomi orang tua. Tujuan penelitian ini mengetahui pengaruh status gizi, motivasi, dan sosial ekonomi orang tua terhadap kesegaran jasmani siswa IT IQRA' Kota Solok.

Metode penelitian adalah kuantitatif,menggunakan pendekatan Analisis Jalur (*Path Analysis*). Populasi penelitian peserta didik SMP IT IQRA' Kota Solok sebanyak 109 siswa. Teknik pengambilan sampel *porpositive random sampling*, sehingga diperoleh sampel 30 siswa. Pengumpulan data menggunakan tes status gizi dengan IMT, kuesioner mengukur motivasi dan sosial ekonomi orang tua. Untuk mengumpulkan data kesegaran jasmani digunakan Tes Kesegaran Jasmani Indonesia (TKJI).

Hasil penelitian pada taraf signifikan 0.05 ditentukan : (1) Terdapat pengaruh langsung yang signifikan status gizi terhadap kesegaran jasmani siswa SMP IT IQRA' Kota Solok, dengan kontribusi 31.92%. (2) Terdapat pengaruh langsung yang signifikan motivasi terhadap kesegaran jasmani siswa SMP IT IQRA' Kota Solok, dengan kontribusi 1.14%. (3) Terdapat pengaruh langsung yang signifikan sosial ekonomi orang tua terhadap kesegaran jasmani siswa SMP IT IQRA' Kota Solok, dengan kontribusi 2.02%. (4) Terdapat pengaruh tidak langsung status gizi melalui sosial ekonomi orang tua terhadap kesegaran jasmani siswa SMP IT IQRA' Kota Solok, dengan kontribusi 8.24%. (5) Terdapat pengaruh tidak langsung motivasi melalui sosial ekonomi orang tua terhadap kesegaran jasmani siswa SMP IT IQRA' Kota Solok, dengan kontribusi 0.35%.

Kata Kunci : Status Gizi, Motivasi, Sosial Ekonomi dan Hasil Kesegaran Jasmani