THE RELATIONSHIP BETWEEN BODY MASS INDEX OF ACTING 1ST 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 = M²
Weight * Height M² = IMT

Table 1. Height and Weight

| NO | NAMA                  | BB (Kg) | TB (CM) | TB (M) | TB (M²) | IMT |
|----|-----------------------|---------|---------|--------|---------|-----|
| 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       |         |        |         | 0   |
| 6  | SAHRUL RAMADHAN       | 51      | 165     | 1.65   | 2.7225  | 18.73278 |
| 7  | MARIASI               | 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       |         |        |         | 0   |
| No. | Name                     | Gender | Overall | GPA | 1st Semester | 2nd Semester |
|-----|--------------------------|--------|---------|-----|--------------|--------------|
| 12  | FERDI WIRANDA            | 66     | 165     | 1.65| 2.7225       | 24.2422      |
| 13  | RAHMAD WICAKSANO         | 65     | 158     | 1.58| 2.4964       | 26.0374      |
| 14  | ADE RINALDI              | 64     | 159     | 1.59| 2.5281       | 25.3154      |
| 15  | ANDANG SUGITO            | 60     | 172     | 1.72| 2.9584       | 20.2812      |
| 16  | ZIQRI YAHANDI            | 55     | 168     | 1.68| 2.8224       | 19.4869      |
| 17  | MARSUWEN LUTA            | 52     | 166     | 1.66| 2.7556       | 18.8706      |
| 18  | CHOVA RENALDI            | 60     | 172     | 1.72| 2.9584       | 20.2812      |
| 19  | IVANDI RAHMAN             | 74     | 151     | 1.51| 2.2801       | 32.4547      |
| 20  | DIAH RETNO ARUM SARI     | 52     | 156     | 1.56| 2.4336       | 21.3675      |
| 21  | PUTRI SANGGAR KUSUMA     | 60     | 172     | 1.72| 2.9584       | 20.2812      |
| 22  | MUHAMMAD KAMALUDIN       | AZIZ   | 0       |    |              |              |
| 23  | IBNU ILHAM               | 61     | 155     | 1.55| 2.4025       | 25.3902      |
| 24  | YOZANDI CAHYA             | 51     | 162     | 1.62| 2.6244       | 19.4330      |
| 25  | REYNALDI                 | 45     | 165     | 1.65| 2.7225       | 16.5289      |
| 26  | MUHAMMAD IRFAN SAPUTRA   | 50     | 154     | 1.54| 2.3716       | 21.0828      |
| 27  | SAFARANI TARA. M          | 50     | 159     | 1.59| 2.5281       | 19.7777      |
| 28  | AFTHIA AZKA NABILA       | 89     | 159     | 1.59| 2.5281       | 35.2043      |
| 29  | BAGUS SABILAL             | 45     | 165     | 1.65| 2.7225       | 16.5289      |
| 30  | TRIYANIE 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| 3.0726       | 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 MAMUN             | 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       |
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, Marhaaposan 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

Figure 1. Histogram Percentace Height and Weight

|   |          |     |     |     |     |
|---|----------|-----|-----|-----|-----|
| 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 | SARIA AMILIANA          | 61  | 165 | 1.65| 2,7225| 22,4059 |
| 53 | CANDRA GUNAWAN          | -   | -   |    | -    | 0      |
| 54 | NEISY                  | 44  | 164 | 1.64| 2,6896| 16,3593 |

http://jurnal.unimed.ac.id/2012/index.php/jpehr
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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