

ABSTRACT

FACTORS ASSOCIATED WITH PHYSICAL FITNESS AMONG FEMALE STUDENTS AT THE IRSYAADUL IBAAD ISLAMIC BOARDING SCHOOL EAST LAMPUNG

By

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Background: Physical fitness is an important health indicator in adolescents, as it is related to the body's ability to perform physical activities without excessive fatigue. Female students living in Islamic boarding schools have distinctive lifestyle patterns, including structured daily activities, specific sleep habits, and a risk of anemia, which may affect their level of physical fitness.

Objective: To determine the relationship between anemia status, physical activity, and sleep quality with physical fitness among female students at the Irsyaadul Ibaad Islamic Boarding School, East Lampung.

Methods: This study was a quantitative analytic study with a cross-sectional design. The sample consisted of 116 female students selected using purposive sampling. The variables in this study were anemia status, sleep quality, physical activity, and physical fitness. Anemia status was determined based on hemoglobin levels, physical activity was measured using the Bouchard Three-Day Physical Activity Record, sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), and physical fitness was measured using the Multistage Fitness Test (bleep test). Data were analyzed using Fisher's Exact Test.

Results: The results showed a significant relationship between anemia status and physical fitness ($p = 0.002$). Physical activity was also significantly associated with physical fitness ($p < 0.0001$), and sleep quality was significantly associated with physical fitness ($p = 0.015$).

Conclusion: Anemia status, physical activity, and sleep quality are significantly associated with physical fitness among female students at the Irsyaadul Ibaad Islamic Boarding School, East Lampung.

Keywords: *physical activity, anemia, physical fitness, sleep quality, female students.*

ABSTRAK

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEBUGARAN JASMANI PADA SANTRI PUTRI DI PONDOK PESANTREN IRSYAADUL IBAAD LAMPUNG TIMUR

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Latar Belakang: Kebugaran jasmani merupakan indikator penting kesehatan pada santri putri karena berkaitan dengan kemampuan tubuh dalam menjalankan aktivitas fisik tanpa kelelahan berlebih. Lingkungan pondok pesantren memiliki pola hidup yang khas, termasuk aktivitas harian, kebiasaan tidur, serta risiko anemia, yang berpotensi memengaruhi tingkat kebugaran jasmani.

Tujuan: Mengetahui hubungan status anemia, aktivitas fisik, dan kualitas tidur dengan kebugaran jasmani pada santri putri di Pondok Pesantren Irsyaadul Ibaad Lampung Timur.

Metode: Penelitian ini merupakan penelitian kuantitatif analitik dengan desain *cross-sectional* yang melibatkan 116 santri putri, dipilih menggunakan teknik *purposive sampling*. Variabel pada penelitian ini adalah status anemia, kualitas tidur, aktivitas fisik, dan kebugaran jasmani. Status anemia ditentukan berdasarkan kadar hemoglobin, aktivitas fisik diukur menggunakan *Bouchard Three-Day Physical Activity Record*, kualitas tidur dinilai dengan *Pittsburgh Sleep Quality Index* (PSQI), dan kebugaran jasmani diukur menggunakan *Multistage Fitness Test* (bleep test). Analisis hubungan antarvariabel menggunakan uji Fisher's Exact.

Hasil: Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara status anemia dengan kebugaran jasmani ($p = 0,002$). Aktivitas fisik juga berhubungan signifikan dengan kebugaran jasmani ($p < 0,0001$), dan kualitas tidur berhubungan signifikan dengan kebugaran jasmani ($p = 0,015$).

Kesimpulan: Status anemia, aktivitas fisik, dan kualitas tidur berhubungan secara bermakna dengan kebugaran jasmani pada santri putri di Pondok Pesantren Irsyaadul Ibaad Lampung Timur.

Kata kunci: Aktivitas fisik, Anemia, Kebugaran jasmani, Kualitas tidur, Santri putri.