Contribution Of Nutrional Status On Physical Education Learning Motivation Of Students At SDN 001 Polewali

Muhammad Sadzali[1], Retno Farhana Nurulita[2]
[1] Fakultas Ilmu Keolahragaan, Jl. Wijaya Kusuma, Indonesia.
*Coressponding Author e-mail: muhamma.sadzali@unm.ac.id

Abstract: This study aims to determine the contribution of nutritional status to the learning motivation Physical Education of SDN 001 Polewali students. This research is a type of descriptive correlational research. The population in this study were all grade IV, V and VI students of SDN 001 Polewali totaling 200 male students. The sampling technique used was simple random sampling, namely by lottery, so that 30 samples were selected or about 15% of the total population. The data collection technique in the nutritional status test consists of two techniques, namely using the body mass index and measuring body fat using a body fat monitor. The data collection technique in the motivation test is using a questionnaire distributed to respondents and this instrument is measured using a Likert scale. The data analysis technique used is descriptive analysis and regression analysis through the SPSS 20 program at a significant level of 95% or α 0.05.

The results showed that there was a contribution of nutritional status to the motivation of learning Physical Education of SDN 001 Polewali students by 44.6%.

Keywords: : Contribution; Nutriotion Status; body fat; Learning motivation; Physical Education.

INTRODUCTION

Nutrition has a crucial role in human life, which is to keep the body fit and energized in carrying out activities. Especially in activities that require extra energy such as doing physical sports activities. Apart from being a source of energy and building blocks, nutrition is also a regulating substance in our body. However, sometimes many people pay less attention and even forget, so that in doing an activity the results are less than optimal. This is due to the lack of nutritional intake that can be obtained through food that is eaten.

Students should have adequate nutrition to obtain optimum health and physical abilities that allow them to survive in hard physical activities. In addition, they are also able to maintain good performance in sports. Nutrition is one of the most important factors in improving physical fitness. The state of nutrition is said to be good or normal if there is a balance between the needs of life for nutrients with food consumed. This means that the amount of energy and nutrients consumed by the body is equal to what is needed by the body and equal to the energy released from the body.

Low nutritional status will cause physical quality to decrease which will have an impact on reducing the level of physical fitness. Nowadays, sport is one of the forms of efforts to improve human quality in Indonesia which is directed at shaping character, personality, discipline and sportsmanship, as well as increasing the physical fitness of each individual. Nutrition is one of the supporting factors that need to be considered in improving physical fitness so that one's motivation can work better.

Efforts to improve nutritional status to improve human resources should begin as early as possible, namely since humans are in the womb, more specifically efforts to improve health and nutrition are carried out in childhood and adolescence considering that adolescents are potential future generations and potential development resources. The age of children needs to be monitored for nutritional conditions because the age of children is in a period of growth,

physically and children's nutrition must be good and balanced. All activities can be done well if the child consumes nutritious food in a good and balanced manner.

Good or optimal nutritional status occurs when the body gets enough nutrients that are used efficiently, allowing physical growth, brain development, work ability, and general health at the highest possible level. As a result of a lack of food intake in both quantity and quality, the processes of growth, energy production, defense, behavior, brain structure and pattern can be disrupted.

The nutrients present in food are carbohydrates, fats, proteins, vitamins, minerals and water. If the daily diet is chosen well, the body will provide all these nutrients in sufficient quantities. On the other hand, if the food is not chosen well, the body will experience a deficiency of these substances.

Likewise with the students of SD Negeri 001 Polewali, they need a source of energy to be able to carry out their daily activities such as the activities they do at school every day learning. Where, the teaching and learning process is held from morning to noon from Monday to Saturday. Every Monday they attend a ceremony and every Saturday morning they always hold morning exercises. This activity is carried out at school as well as an effort to maintain and improve the physical fitness of students to support the optimal teaching and learning process.

However, based on the initial review, the researcher found that only some of the students of SD Negeri 001 Polewali had a good nutritional status, this could be seen from the unbalanced height and weight. In addition, researchers saw that some of these students had great learning motivation, this was seen when researchers conducted tests and measurements in the classroom, they were very enthusiastic about following the directions given. The researcher's initial conclusion is that the nutritional status and physical fitness of SD Negeri 001 Polewali students are motivated by the students themselves.

As explained above, the factors that affect learning motivation are nutritional status and physical fitness. In this case the researcher sees that it is the IV, V and VI classes that have varying values, so for this reason the researcher conducted research on the Contribution of Nutritional Status to Learning Motivation of SD Negeri 001 Polewali.

METHODS

The type of research conducted is correlational research with a quantitative approach. The research location chosen was at SD Negeri 001 Polewali. The research design or research design used in this study is a correlation analysis research design. The population in this study were all students in grades IV, V andVI of SD Negeri 001 Polewali which amounted to 200 male students. The sampling technique used was simple random sampling, namely by lottery, so that 30 samples were selected or about 15% of the total population. The data collection technique in the nutritional status test consists of two techniques, namely using the body mass index and measuring body fat using a body fat monitor. The data collection technique in the motivation test is using a questionnaire distributed to respondents and this instrument is measured using a Likert scale. In this study there are two variables studied, namely nutritional status is categorized as an independent variable (independent) while learning motivation is categorized as the dependent variable.

RESULT AND DISCUSSION

The results of the study using descriptive data analysis on nutritional status data on the motivation to learn PE of SD Negeri 001 Polewali students. That the three hypotheses proposed were significant among others:

1. There is a contribution of nutritional status (IMT) to the motivation of learning Physcal Education of elementary school students 001 Polewali.

   Regression analysis was conducted to determine the contribution of the independent variable to the dependent variable. The regression analysis used is simple regression analysis at 95% or α 0.05.

   Based on the test results as shown in table 4.6, the regression equation is:

Y = a + bX1
Y = 102,917 + 1,341
Then what is contained in the regression equation can be explained as follows:
a. The constant of 102.917 states that if the nutritional status does not change, then the motivation to learn PE of SD Negeri 001 Polewali students is 102.917.
b. The regression constant of the nutritional status variable of 1.341 states that every addition of one percent (1%) of nutritional status will cause an increase in PE learning motivation by 1.341 students of SD Negeri 001 Polewali.

There is a contribution of nutritional status (IMT) to the learning outcomes of SD Negeri 001 Polewali students. Based on the results of testing the regression analysis of nutritional status data on the motivation to learn PE of SD Negeri 001 Polewali students in table 4.6 obtained a regression value of the coefficient of determination of 1.341 with a significant level of 0.000 < α 0.05, for a coefficient of determination of 0.446. This means that 44.6% of the contribution of nutritional status to the motivation to learn PE of SD Negeri 001 Polewali students. While the rest (100% - 44.6% = 55.4%) is caused by other factors not included in the study.

Based on the results of the analysis, it can be seen that the tcount value obtained is 4.745 can be seen in the table above with a significant level of 0.000, 0.05. Then Ho is rejected and H1 is accepted or the regression coefficient is significant, or nutritional status has a significant contribution to the motivation to learn PE of SD Negeri 001 Polewali students. Thus there is a contribution of nutritional status to the motivation to learn PE of SD Negeri 001 Polewali students by 55.4%. Testing the regression model shows an F value of 22.512 with a significant level of 0.000 < α0.05. This means that the motivation to learn PE can be explained significantly by the nutritional status (BMI) of the students of SD Negeri 001 Polewali.

2. There is a contribution of nutritional status (body fat) to the motivation to learn Physical Education of SD Negeri 001 Polewali students.

Regression analysis was conducted to determine the contribution of the independent variable to the dependent variable. The regression analysis used is simple regression analysis at 95% or α 0.05. The complete regression analysis results can be seen in the attachment. It is intended to determine the contribution of nutritional status (body fat) to the learning motivation of SD Negeri 001 Polewali students obtained according to the summary table:

Based on the test results as shown in table 4.7, the regression equation is:
Y = a + bX1
Y = 107,260+ 1,273
Then what is contained in the regression equation can be explained as follows:
a. The constant of 107.260 states that if the nutritional status does not change, then the motivation to learn PE of Polewali 001 State Elementary School students is 107.260.
b. The regression constant of the nutritional status variable of 1.273 states that every addition of one percent (1%) of the nutritional status variable will cause an increase in PE learning motivation by 1.273 students of SD Negeri 001 Polewali

There is a contribution of nutritional status to the learning motivation of SD Negeri 001 Polewali students. Based on the results of testing the regression analysis of nutritional status data on the motivation to learn PE of SD Negeri 001 Polewali students in the table, the regression value of the coefficient of determination is 1.273 with a significant level of 0.000 < α 0.05, for a coefficient of determination of 0.382. This means that 38.2% of the contribution of nutritional status to the motivation to learn PE of SD Negeri 001 Polewali students. While the rest (100%- 38.2% = 61.8%) is caused by other factors not included in the study.

Based on the results of this analysis, it can be seen that the tcount value is obtained 4.165 can be seen in the table above with a significant level of 0.000, 0.05. So Ho is rejected and H1 is accepted or the regression coefficient is significant, or nutritional status has a significant contribution to the motivation to learn PE of SD Negeri 001 Polewali

students. Thus there is a contribution of nutritional status to the motivation to learn PE of SD Negeri 001 Polewali students by 61.8%. Testing the regression model shows an F value of 17,343 with a significant level of 0.000 < α0.05. This means that nutritional status can be significantly explained by the level of physical fitness in students of SD Negeri 001 Polewali.

Based on the results of hypothesis testing, it is found that the three hypotheses proposed are significant. To find out how the contribution between variables. Nutritional and physical status on the motivation to learn PE of SD Negeri 001 Polewali students can be described as follows.

3. There is a contribution of nutritional status (BMI and body fat) to the motivation to learn Physical Education of SD Negeri 001 Polewali students.

The results of statistical analysis show that there is a significant contribution of nutritional status to the motivation to learn PE of SD Negeri 001 Polewali students by 44.6%. The results of this study are in line with the results of previous research researched by Hariani, 2018 which obtained 41.1%. If the results of this study are associated with the underlying theory and framework, basically the results of this study support and strengthen existing theories. This proves that nutritional status greatly contributes to motivation to learn PE. Nutritional status is a condition of the body as a result of the balance of food intake and its use by the body which can be measured from various dimensions (According to Jelliffe and Jellife in Fatmah, 2011: 25).

In organizing education, education as a human development process lasts a lifetime, namely providing opportunities for students to be directly involved in various learning experiences through physical movement activities and nutritional adequacy is a support for movement activities, because nutritional adequacy will support student development and growth, both physical and psychological development (Ridwanda & Nurhayati, 2013: 292).

Nutrition is an external factor that can be controlled and practiced in everyday life. Experts have proven that the various functions of children's organs improve significantly when given adequate nutrition and physical exercise. Food that plays a high role will play an important role in optimal achievement, the more variety of foods consumed, the more fulfilled a person's nutrition to be able to achieve high performance. To be worthy of a student or student needs to be supported by good nutrition so as not to get tired or tired easily, so that the learning results obtained will be maximized. However, it is not only nutritional factors that can support the success of student learning outcomes. Thus nutritional status has a contribution to the motivation to learn PE of SD Negeri 001 Polewali students.

CONCLUSSION

From the results of hypothesis testing and discussion of the research results, it can be concluded that there is a significant contribution of nutritional status to the motivation to learn PE of elementary school students 001 Polewali. Based on the research results and conclusions that have been described, the following suggestions are made:

1. It is expected that teachers and parents of students to work together to pay more attention to the meaning of balanced nutrition for students. In addition, parents also need to be given an understanding of the provision of nutritionally valuable food.

2. For researchers, it is hoped that the results of this study can be a reference or reference to examine more deeply by following up on the development of nutritional status, physical fitness level and motivation to learn PE.

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