

ABSTRAK

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**HUBUNGAN ASUPAN ENERGI, AKTIVITAS FISIK DAN STATUS GIZI
DENGAN KEBUGARAN JASMANI ATLET TAEKWONDO**

(Studi Observasional Pada Atlet Unit Kegiatan Mahasiswa (UKM) Taekwondo Universitas Siliwangi Tahun 2026)

Kebugaran jasmani merupakan salah satu komponen penting yang mendukung performa atlet taekwondo, khususnya atlet mahasiswa yang harus mampu menyeimbangkan tuntutan latihan dan aktivitas akademik. Kebugaran jasmani dipengaruhi oleh berbagai faktor, di antaranya asupan energi, aktivitas fisik, dan status gizi. Penelitian ini bertujuan untuk menganalisis hubungan antara asupan energi, aktivitas fisik, dan status gizi dengan kebugaran jasmani pada atlet UKM Taekwondo Universitas Siliwangi. Penelitian ini menggunakan desain observasional dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 32 atlet yang dipilih menggunakan teknik *purposive sampling*. Data asupan energi diperoleh menggunakan metode *food recall* 2×24 jam, aktivitas fisik diukur menggunakan *International Physical Activity Questionnaire–Short Form* (IPAQ-SF), status gizi dinilai berdasarkan Indeks Massa Tubuh (IMT), sedangkan kebugaran jasmani diukur menggunakan *bleep test* untuk memperoleh nilai $VO_2\text{max}$. Analisis data dilakukan menggunakan uji *Chi-square* dan *Pearson correlation*. Hasil penelitian menunjukkan bahwa tidak terdapat hubungan yang signifikan antara asupan energi dengan kebugaran jasmani ($p = 0,667$). Sebaliknya, aktivitas fisik memiliki hubungan yang signifikan dengan kebugaran jasmani ($p = 0,00$), demikian pula status gizi menunjukkan hubungan yang signifikan dengan kebugaran jasmani ($p = 0,05$) dengan arah hubungan negatif. Selain itu, jenis kelamin tidak memiliki hubungan yang signifikan dengan kebugaran jasmani ($p > 0,05$). Berdasarkan hasil penelitian dapat disimpulkan bahwa aktivitas fisik dan status gizi merupakan faktor yang berhubungan dengan kebugaran jasmani atlet UKM Taekwondo Universitas Siliwangi, sedangkan asupan energi dan jenis kelamin tidak menunjukkan hubungan yang signifikan dengan kebugaran jasmani.

Kata Kunci: Asupan energi, aktivitas fisik, status gizi, kebugaran jasmani, taekwondo

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ABSTRACT

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**THE RELATIONSHIP OF ENERGY INTAKE, PHYSICAL ACTIVITY,
AND NUTRITIONAL STATUS WITH PHYSICAL FITNESS AMONG
TAEKWONDO ATHLETES**

(An Observational Study of Athletes from the Taekwondo Student Activity Unit (UKM) at Siliwangi University, 2026)

Physical fitness is one of the important components supporting the performance of taekwondo athletes, particularly student-athletes who must balance training demands with academic activities. Physical fitness is influenced by various factors, including energy intake, physical activity, and nutritional status. This study aimed to analyze the relationship between energy intake, physical activity, and nutritional status with physical fitness among athletes of the Taekwondo Student Activity Unit (UKM) at Siliwangi University. This study employed an observational design with a cross-sectional approach. The study sample consisted of 32 athletes selected using a purposive sampling technique. Energy intake data were obtained using the 2×24-hour food recall method, physical activity was assessed using the International Physical Activity Questionnaire–Short Form (IPAQ-SF), nutritional status was determined based on Body Mass Index (BMI), while physical fitness was measured using the bleep test to obtain VO_{2max} values. Data analysis was performed using the Chi-square test and Pearson correlation test. The results showed that there was no significant relationship between energy intake and physical fitness ($p = 0.667$). In contrast, physical activity had a significant relationship with physical fitness ($p = 0.00$), and nutritional status also showed a significant relationship with physical fitness ($p = 0.05$) with a negative correlation direction. Furthermore, gender was not significantly associated with physical fitness ($p > 0.05$). Based on the findings, it can be concluded that physical activity and nutritional status are factors associated with physical fitness among Taekwondo Student Activity Unit (UKM) athletes at Siliwangi University, whereas energy intake and gender do not show significant associations with physical fitness.

Keywords: *energy intake, physical activity, nutritional status, physical fitness, taekwondo*