

ABSTRAK

HUBUNGAN KEBUGARAN YANG DIUKUR DENGAN TES *TREADMILL* METODE BRUCE DENGAN TES BANGKU QUEEN`S COLLEGE SERTA GAMBARAN TINGKAT KEBUGARAN MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS KRISTEN MARANATHA YANG DIUKUR DENGAN KEDUA TES TERSEBUT

Renatha Charisma Budiono, 2007.

Pembimbing : Dr. Iwan Budiman, dr., MS., MM., MKes., AIF

Latar Belakang : Kebugaran dapat diukur dengan tes *treadmill* metode Bruce dan tes bangku Queen`s College..

Tujuan : Ingin mengetahui gambaran tingkat kebugaran mahasiswa FK UKM dengan tes *treadmill* metode Bruce dan tes bangku Queen`s College serta hubungan antara kedua tes tersebut.

Metode : Penelitian dilakukan terhadap 40 mahasiswa FK-UKM yang tidak merokok yang berumur 18-25 tahun, yang diukur kebugarannya menggunakan tes *treadmill* metode Bruce dan tes bangku Queen`s College.

Hasil : Pada tes *treadmill* metode Bruce didapatkan hasil 31 orang (77,5%) berkriteria Baik; 9 orang (22,5%) berkriteria Sedang dan 0 orang (0%) berkriteria Buruk. Dengan VO_2 maks rata-rata = 50,71 ml O_2 /kgBB/menit (Baik). Pada tes bangku Queen`s College didapatkan hasil 19 orang (47,5%) berkriteria Baik, 20 orang (50%) berkategori Sedang dan 1 orang (2,5%) berkriteria Buruk. Dengan VO_2 maks rata-rata = 42,90 ml O_2 /kgBB/menit (Sedang) Tes *treadmill* metode Bruce dan tes bangku Queen`s College mempunyai hubungan sesuai dengan persamaan garis regresi $y = 20,819 + 0,697x^{**}$, dengan koefisien korelasi "r" = 0,492^{**} ($p < 0,01$), (hubungan Sedang).

Kesimpulan : Tingkat kebugaran 40 orang mahasiswa FK-UKM yang diukur dengan tes *treadmill* metode Bruce didapatkan VO_2 maks dengan rata-rata Baik. Pada tes bangku Queen`s College didapatkan VO_2 maks dengan rata-rata Sedang. Tes *treadmill* metode Bruce dan tes bangku Queen`s College mempunyai bentuk hubungan berupa garis linier, dengan kekuatan hubungan Sedang.

Kata kunci : Kebugaran, *Treadmill*, Bruce, Tes Bangku, Queen`s College

ABSTRACT

RELATIONSHIP BETWEEN PHYSICAL FITNESS MEASURED BY BRUCE TREADMILL TEST AND QUEEN'S COLLEGE STEP TEST AND DESCRIPTION OF MEDICAL STUDENT'S FITNESS LEVEL OF MARANATHA CHRISTIAN UNIVERSITY WHICH IS TESTED BY BOTH METHODS.

Renatha Charisma Budiono, 2007.

Tutor : Dr. Iwan Budiman, dr., MS., MM., MKes., AIF.

Backgrounds : Physical fitness can be measured by Bruce treadmill test and Fox ergocycle test.

Objectives : The study was to know description of medical student's fitness level of Maranatha Christian University which is tested with Bruce treadmill test and Queen's College step test and the correlation between these two tests

Research Methods : The subject of this study consisted of 40 medical students of Maranatha Christian University which is not smoking and aged between 18-25 years old which is measured the fitness with using Bruce treadmill test and Queen's College step test.

Results : In Bruce treadmill test resulted 31 students (77,5%) showed Good criterion, 9 students (22,5%) showed Moderate criterion, and none of respondent (0%) showed Bad criterion. By average, the students showed maximum $VO_2 = 50,71 \text{ ml O}_2/\text{kgBB}/\text{minute}$ (Good). Furthermore, in Queen's College step test, the resulted in 19 students (47,5%) showed Good criterion, 20 students (50%) showed Moderate criterion, and 1 student (2,5%) showed Bad criterion. By average, the students showed maximum $VO_2 = 42,90 \text{ ml O}_2/\text{kgBB}/\text{minute}$ (Moderate). Bruce treadmill test and Queen's College step test have correlation as according to equation of regression line which is $y = 20,819 + 0,697x^{**}$ ($p < 0,01$) with correlation coefficient " r " = $0,492^{**}$ ($p < 0,01$), (Fair correlation).

Conclusions : The fitness level of 40 medical student's of Maranatha Christian University which is tested with Bruce treadmill test can be seen that the average are Good. Moreover Queen's College step test resulted in average Moderate. Therefore, Bruce treadmill test and Queen's College step test are linked to a linier line with Fair correlation.

Key words : Fitness, Treadmill, Brucet, Step Test, Queen's College

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