ABSTRAK

Latar Belakang : Kebiasaan merokok memiliki pengaruh buruk terhadap kebugaran jasmani. Kebugaran jasmani berperan dalam mengupayakan kualitas hidup jasmani yang optimal dan rendahnya risiko timbulnya gangguan kesehatan. Kebugaran jasmani yang buruk berkaitan dengan kebiasaan merokok. Perilaku merokok dapat menyebabkan lapisan dalam pembuluh darah menjadi rusak karena kandungan nikotin dan gas karbon monoksida (CO), sehingga menghambat aktivitas paru, memacu jantung dan tekanan darah, merangsang penggumpalan trombosit yang mengakibatkan penurunan kebugaran jasmani.

Tujuan : Mengetahui perbedaan Indeks Kebugaran Jasmani pada perokok dan bukan perokok Mahasiswa Fakultas Teknik Industri UISU Medan.

Metode : Penelitian ini menggunakan metode analitik observasional dengan pendekatan *cross sectional.* Pengambilan sampel menggunakan *purposive sampling* dengan jumlah 34 orang. Hasil data penelitian dilakukan melalui uji univariat dan bivariat. Analisis bivariat dilakukan dengan uji *Mann-Whitney*.

Hasil : Hasil uji univariat didapati sebanyak 24 responden perokok dan 10 responden bukan perokok. Didapati hasil rata-rata Indeks Kebugaran Jasmani responden perokok yaitu 45,9 (±16,8), rata-rata bukan perokok 68,3 (±12,1). Hasil uji bivariat pada responden tentang perbedaan Indeks Kebugaran Jasmani pada perokok dan bukan perokok diperoleh nilai p=0,002.

Kesimpulan : Terdapat perbedaan signifikan antara Indeks Kebugaran Jasmani perokok dan bukan perokok (p=0,002).

Kata Kunci : Indeks Kebugaran Jasmani, Perokok, Bukan Perokok

ABSTRACT

Background *: Smoking habits have a bad influence on physical fitness. Physical fitness plays a role in achieving optimal physical quality of life and a low risk of health problem. Poor physical fitness is related to smoking habits. Smoking behaviour can cause the inner lining of blood vessels to become damaged due to the content of nicotine and carbon monoxide (CO), thereby inhibiting lung activity, increasing heart rate and blood pressure, stimulating platelet clumping which result in decreased physical fitness.*

Objective *: To determine the difference in Physical Fitness Index between smokers and non-smokers,* UISU Medan *Industrial Engineering Faculty Students.*

Method *: This research uses an observational analytical method with a cross sectional approach. Sampling used purposive sampling with a total of 34 people. The results of the research data were carried out through univariate dan bivariate tests. Bivariate analysis was carried out using the Mann-Whitney test.*

Results *: The univariate test results obtained were 24 repondents who were smokers and 10 respondents who were non-smokers. It was found that the average Physical Fitness Index for respondents who were smokers was 45,9 ($\pm$16,8), the average for non-smokers was 68,3 ($\pm$12,1). Bivariate test result on respondent regarding the difference in physical fitness index between smokers and non-smokers obtained a value of* p=0,002.

Counclusion *: There is significant difference between the Physical Fitness Index of smokers and non-smokers* (p=0,002).

Keywords *: **Physical Fitness Index, Smokers, Non-smokers***