

Hubungan Asupan Vitamin C, Kalsium, Aktivitas Fisik Dan Status Gizi Dengan Status Kebugaran Siswa SMA Negeri 1 Suboh Situbondo.

Relationship Intake of Vitamin C, Calcium, Physical Activity and Nutrition Status with Fitness Status of SMA Negeri 1 Suboh Situbondo

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ABSTRACT

Problems that occur in the school environment is very diverse, it can spur less student activity and learning and known intake of nutrients, physical activity and nutritional status can affect fitness. This study aims to determine the relationship of vitamin C intake, calcium, physical activity and nutritional status with fitness status of students of SMA Negeri 1 Suboh Situbondo. The design of this study used cross-sectional study on 79 students of SMA Negeri 1 Suboh Situbondo. The statistical test used is the sperman rank test. Based on the results of the test showed that there was a correlation between vitamin C with fitness status $p = 0,001$ ($p < 0,05$), there was no correlation between health with fitness status $p = 0,201$ ($p > 0,05$), there was relationship between physical activity with fitness status $p = 0,001$ ($p < 0,05$), there was correlation between nutritional status with fitness status $p = 0,003$ ($p < 0,05$). Conclusion In this study There is a relationship between vitamin C with fitness status Students of SMA Negeri 1 Suboh Situbondo, there is no relationship between the calcium intake of fitness status Students SMA Negeri 1 Suboh Situbondo, there is a meaningful relationship between physical exercise with the status of SMA Negeri 1 Suboh Situbondo and the like nutritional status with fitness status Students of SMA Negeri 1 Suboh Situbondo.

Keywords: *Vitamin C, Calcium, Physical Activity, Nutritional Status Fitness Status.*