

**HUBUNGAN KUALITAS TIDUR DENGAN KEBUGARAN JASMANI
SISWA SEKOLAH DASAR NEGERI 13 SUNGAI PISANG**



Skripsi

**Diajukan ke Fakultas Kedokteran Universitas Andalas sebagai
Pemenuhan Salah Satu Syarat untuk Mendapatkan
Gelar Sarjana Kedokteran**

Oleh

ANASTASYA INAYAH NABILA P.

NO. BP: 1710313048

Pembimbing:

- 1. dr. Miftah Irrahmah, M. Biomed**
- 2. Dr. Endrinaldi, MS**

**FAKULTAS KEDOKTERAN
UNIVERSITAS ANDALAS
PADANG**

2021

ABSTRACT

THE RELATIONSHIP OF SLEEP QUALITY WITH PHYSICAL FITNESS OF STATE STATE SCHOOL 13 SUNGAI PISANG STUDENTS

By

Anastasya Inayah Nabila P.

Sleep quality is a state of sleep that a person undergoes to produce freshness and fitness when awakened. Physical fitness is a necessity for human life. Children who have good sleep quality have a relationship with increasing physical fitness. The purpose of the study was to analyze the relationship between sleep quality and physical fitness of students at SDN 13 Sungai Pisang.

This type of research is cross sectional analytic. The research was conducted with an observational approach. The research population is students in grades 4-5 at SDN 13 Sungai Pisang. The number of samples according to the inclusion and exclusion criteria was 58. The study was conducted from March 2020 to July 2021. The data collection technique used a questionnaire. Questionnaire data collection techniques were used to collect data on sleep quality and physical fitness using TKJI. With statistical test using chi-square.

The results showed that most of the students had good sleep quality with a frequency of 58.6% and had poor sleep quality with a frequency of 41.4%. The description of the distribution of physical fitness in students is mostly in the moderate category around 65.5%, the least physical fitness level with the less category is 18.8% and has a good level of physical fitness with a frequency of 20.7%. The results of the analysis test showed $p\text{-value} = 0.75$. or $p\text{-value} > 0.05$.

The conclusion is that there is no relationship between sleep quality and physical fitness in grade 4-5 elementary school students at SDN 13 Sungai Pisang.

Keywords: *sleep quality, physical fitness, elementary school students*