

NARA SUMBER
REFRESHING GURU-GURU UNIT KESEHATAN SEKOLAH (UKS)
PUSKESMAS SRANDAKAN KABUPATEN BANTUL DIY

PUSKESMAS SRANDAKAN, 26 MARET 2019

KEBUGARAN JASMANI ANAK USIA SEKOLAH



Oleh

dr. Muhammad Ikhwan Zein, Sp.KO
19840315 200912 1 003
NIDN : 0015038401

FAKULTAS ILMU KEOLAHRAGAAN
UNIVERSITAS NEGERI YOGYAKARTA
TAHUN 2019



Kebugaran Jasmani Anak Usia Sekolah

dr. M.Ikhwan Zein, Sp.KO



MASALAH KESEHATAN DUNIA



- Serangan jantung
- Stroke
- diabetes
- Penyakit kronis

disebabkan

Gaya Hidup Tidak Sehat

HEALTH CARE CRISIS

Gaya Hidup Tidak Sehat

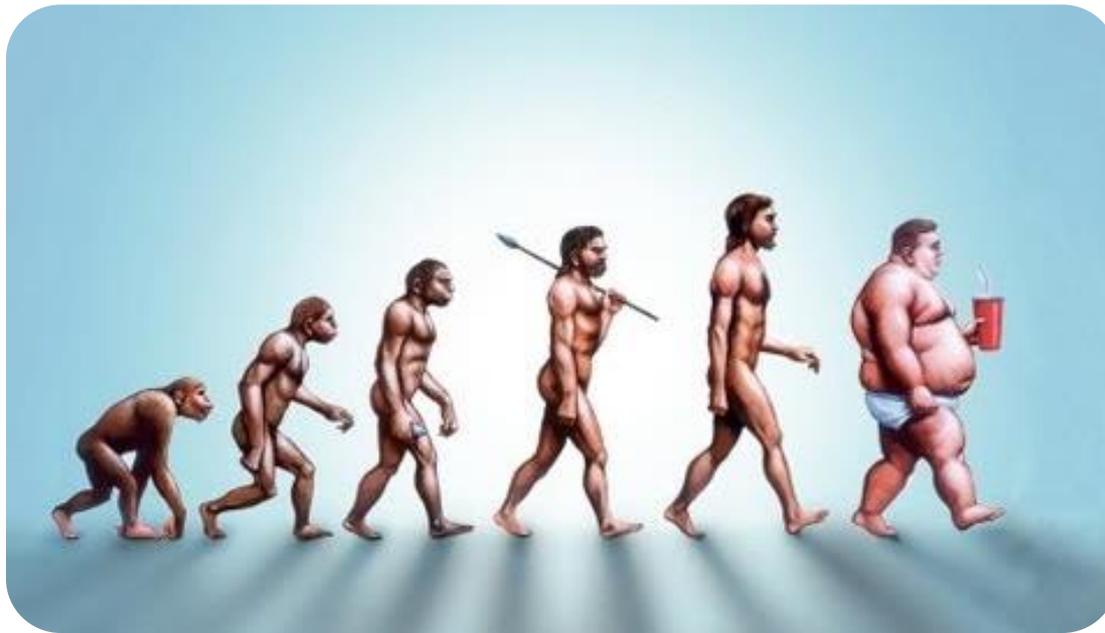
Gaya Hidup tidak Aktif

Nutrisi yang buruk (Junk Food)

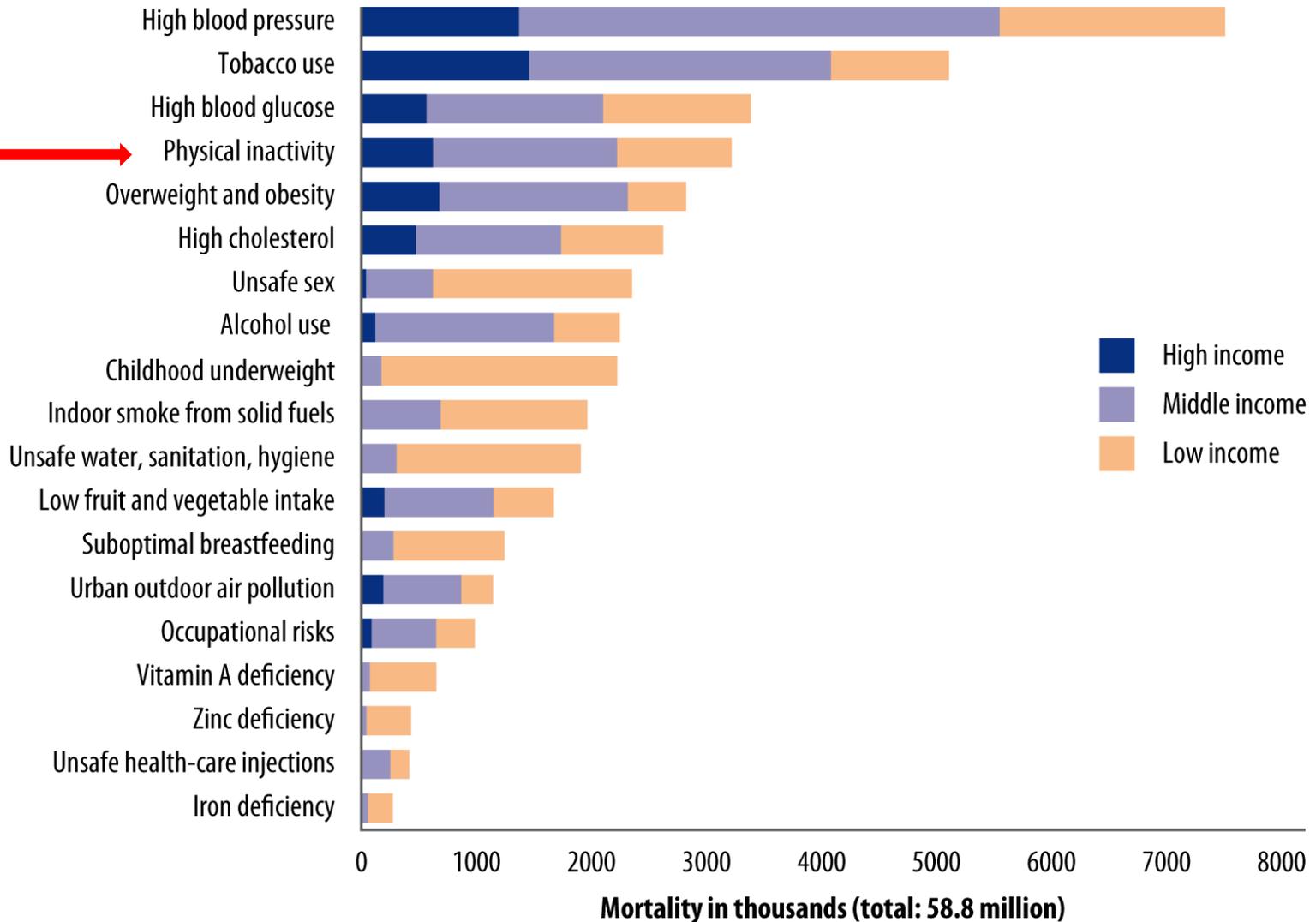
Kebiasaan (Merokok, Alkohol)



Gaya Hidup Saat Ini

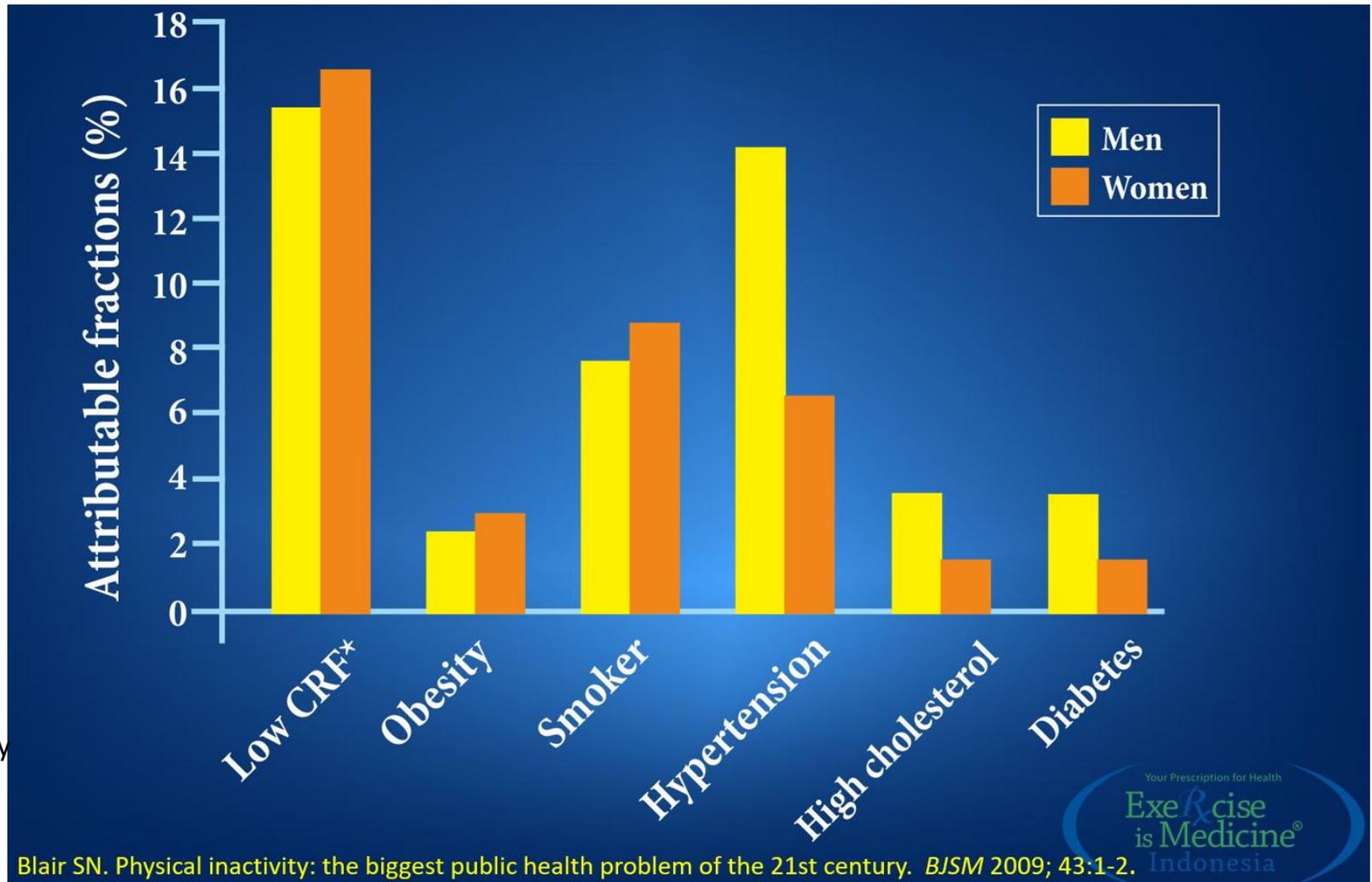


19 Penyebab Kematian Tertinggi di Dunia



Pentingnya kebugaran jasmani

Attributable fraction (%) for all-cause deaths in 40.882 men (3.333 deaths) & 12.943 women (491 deaths) in the Aerobics Center Longitudinal Study



CRF:
Cardio-
Respiratory
Fitness

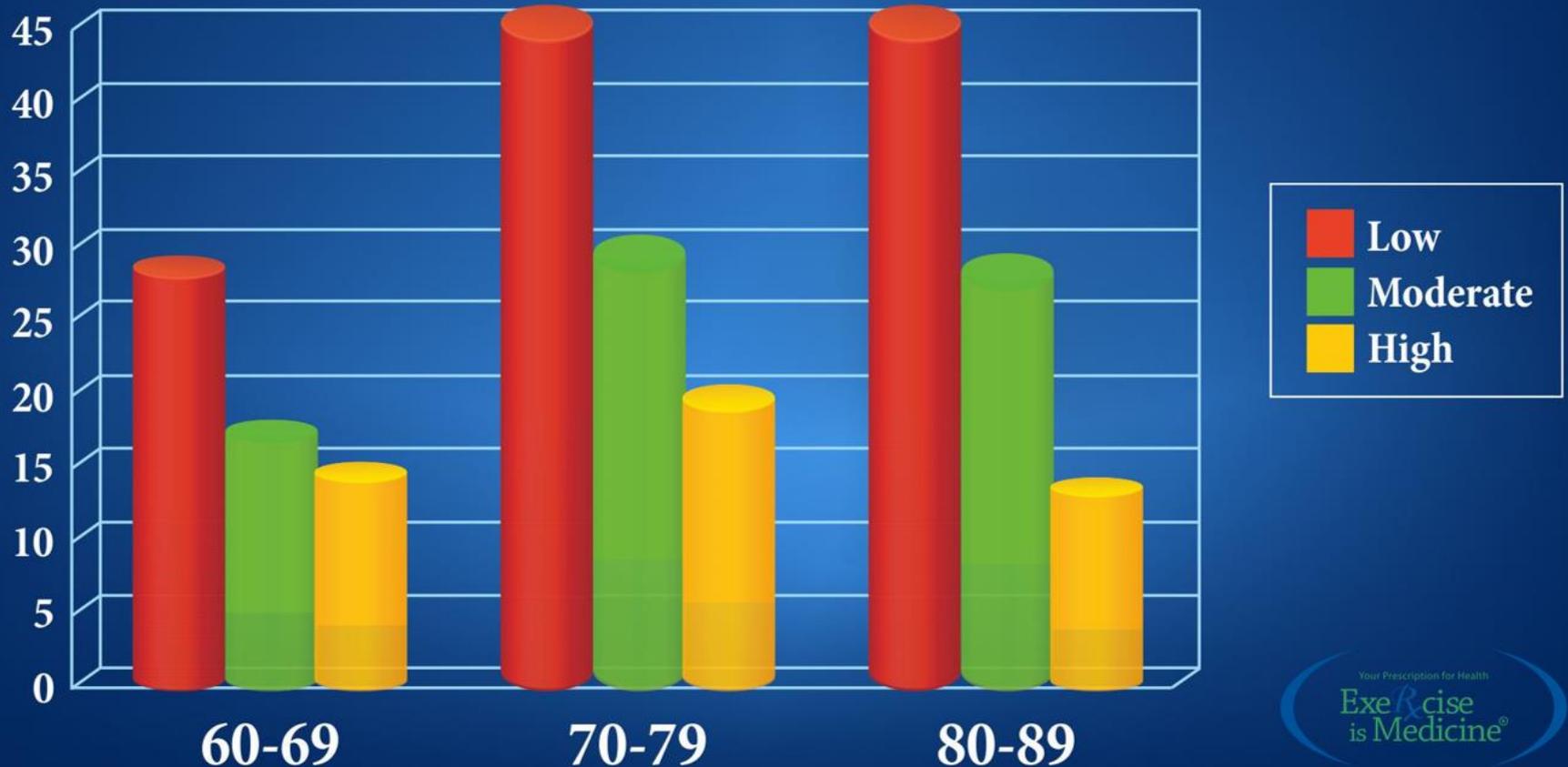
Blair SN. Physical inactivity: the biggest public health problem of the 21st century. *BJSM* 2009; 43:1-2.



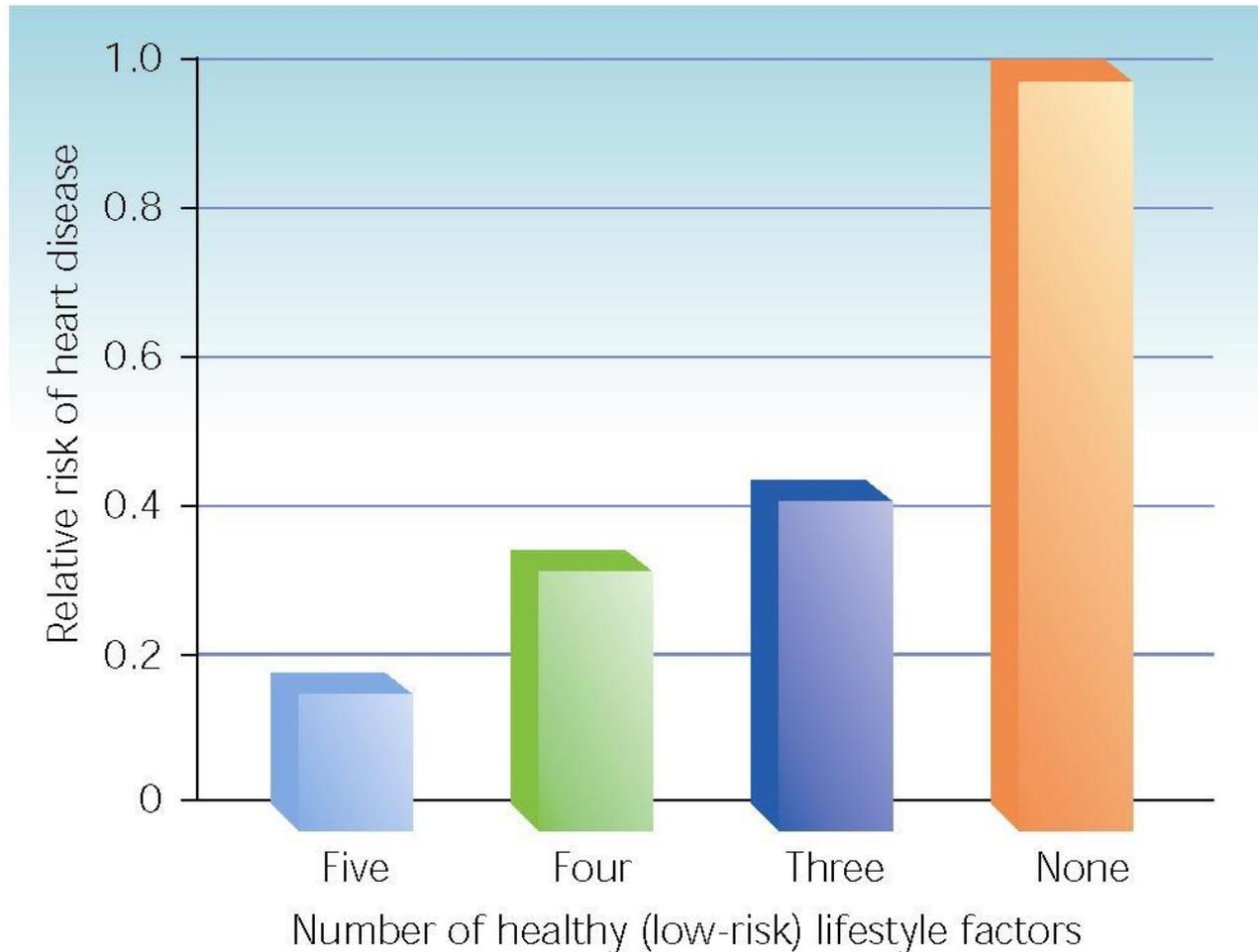
Pentingnya kebugaran jasmani (2)

CRF and all-cause mortality
(4060 women & Men ≥ 60 years of age, 989 deaths)

All-cause deaths/10,000 person-years

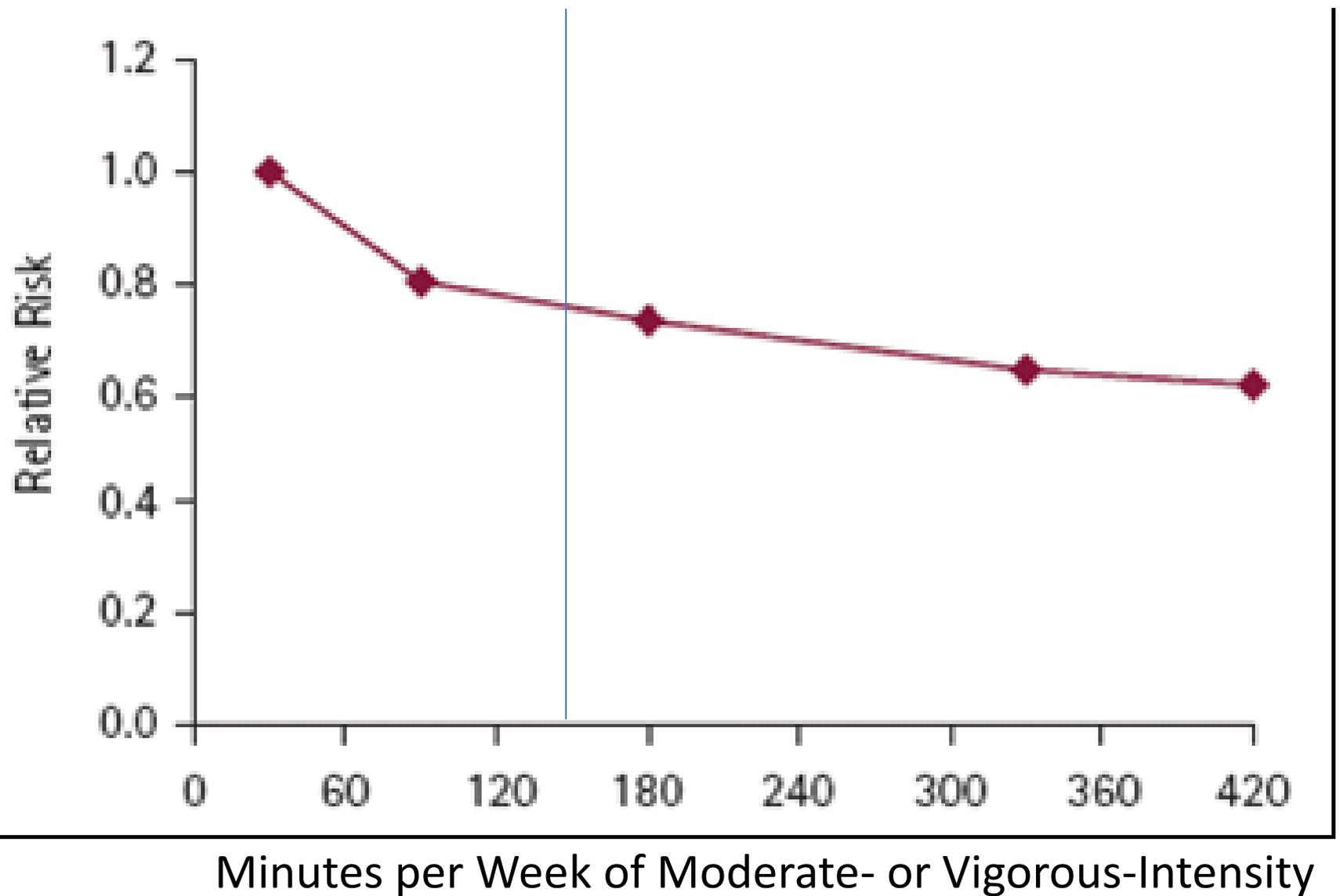


Gaya Hidup Tidak Sehat = Penyakit Jantung



(d) Lifestyle factors and risk of heart disease

Risiko Meninggal diusia muda



Kurang Aktifitas Fisik

- Prevalensi Nasional umur > 10 th mencapai **48,2 %** (tertinggi 61,7% - KalTim)
- Umur : tertinggi >75 (76%), diikuti umur 10-14 (66,9%)
- Gender : ♀ (54,5 %) > ♂ (41,4%)
- Daerah : Kota (57,6%) > Desa (42,4%)
- Pendidikan :
 - SD (43,3%)
 - SMP (47,4%)
 - SMA (52,6%)
 - PT (60,3%)



Problem yang timbul akibat Aktivitas Fisik yang Kurang

Penyakit Tidak Menular (PTM), penyakit kronis seperti :

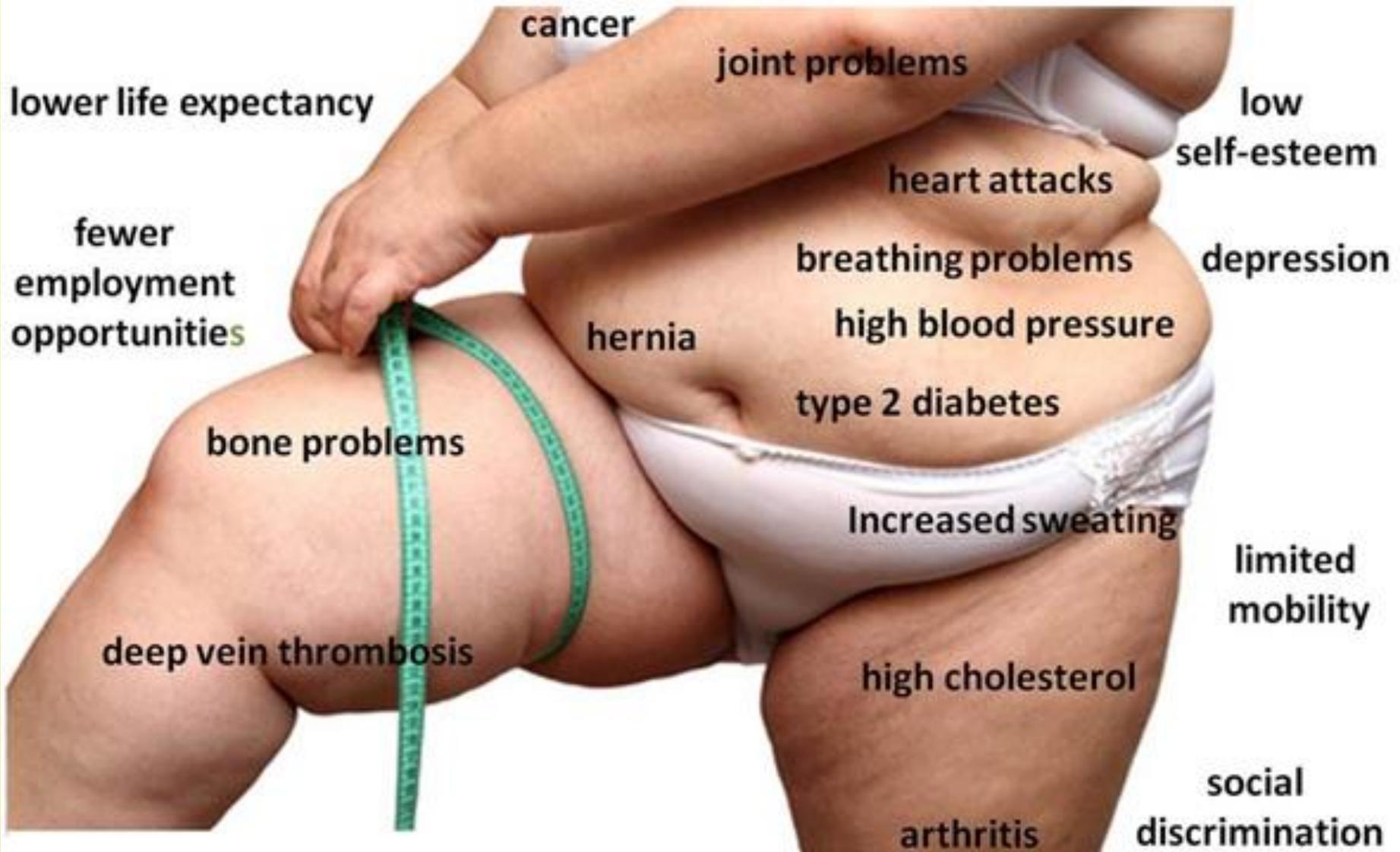
- | | |
|--------------------|----------------|
| • kegemukan | • depresi |
| • penyakit jantung | • kecemasan |
| • diabetes | • Nyeri sendi |
| • hipertensi | • osteoporosis |
| • kanker | |

Obesitas

Keadaan dimana tubuh mengalami kelebihan **LEMAK** dan berpotensi untuk menimbulkan gangguan kesehatan maupun psikologis



Komplikasi Obesitas



Obesitas di Indonesia

Riset Kesehatan Dasar 2007

Overweight : 8,8%
Obesitas : 10.3%

Wanita > Laki-laki
(23,8% : 13,9%)

Daerah perkotaan
> pedesaan

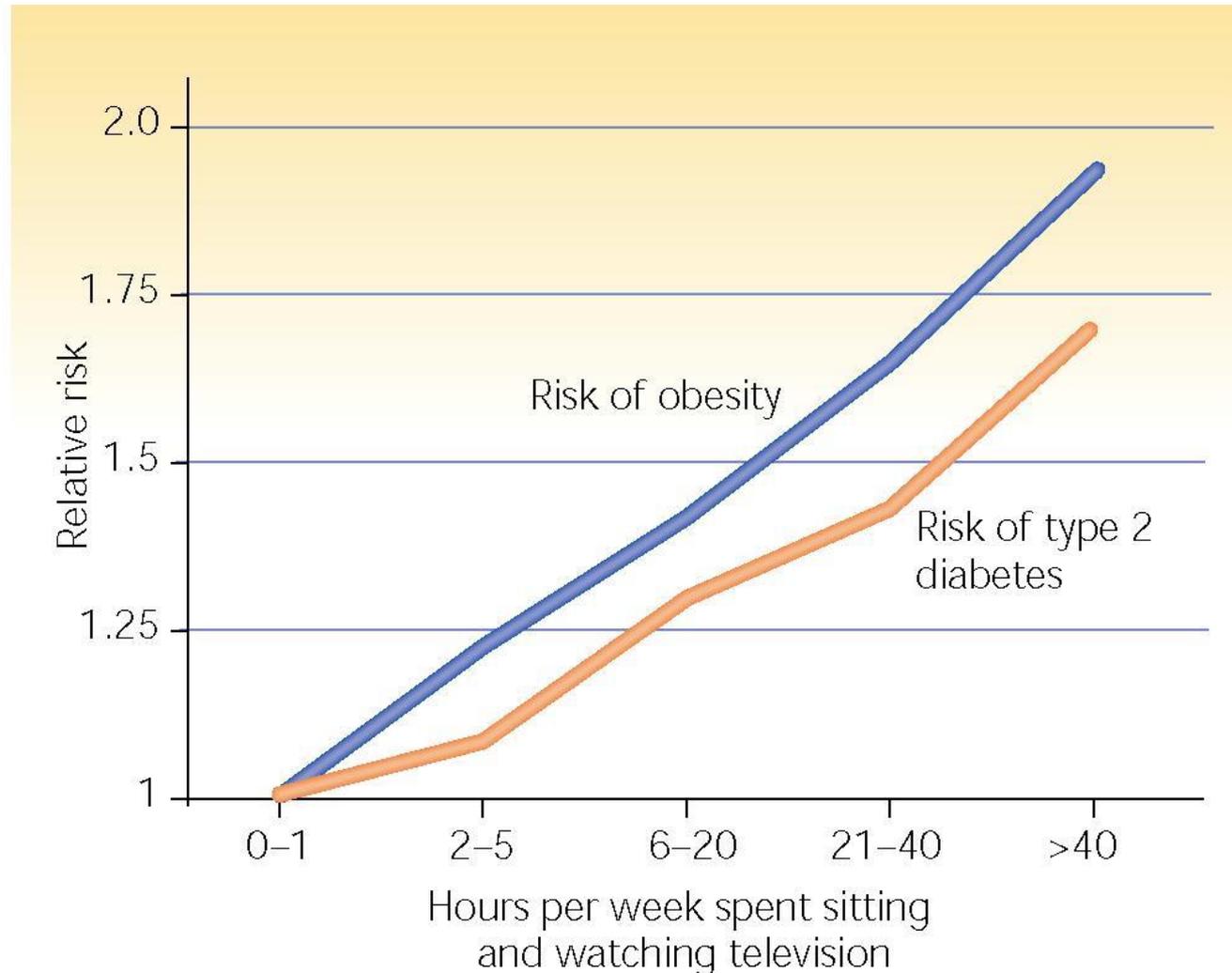
Survey kesehatan rumah tangga

Penelitian tahun 93, 97, 00, 07 → Peningkatan angka obesitas

Daerah perkotaan
> pedesaan

	25- <30 thn	30-<40 thn	40- < 50 thn	50-< 60 thn	> 60 thn
Laki-laki	31,6%	49,2%	67,3%	68,7%	66,7%
Wanita	18,4%	27,7%	29,8%	35,5%	38,5%

Televisi dan risiko obesitas dan diabetes



(a) Sedentary lifestyle and risk of obesity and type 2 diabetes

Penyebab

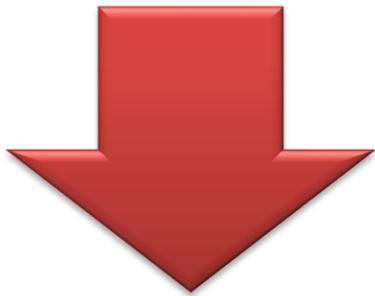
Keturunan?

Genetik?

Gaya Hidup?

Penyebab

Orangtua yang obese akan menurunkan “obesitas” kepada anaknya



Melalui Kebiasaan yang ditanamkan dirumah



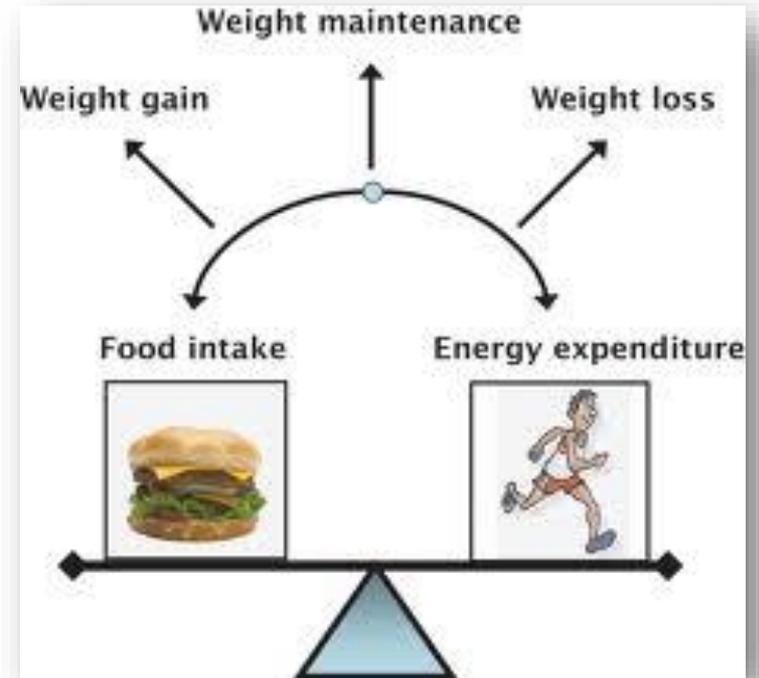
Weight Problems in Children & Its Health Effects

Children with weight problems are at a larger threat of developing serious health issues

- High blood pressure
- Bone and joint problems
- Liver and gall bladder disease
- Type 2 diabetes
- Asthma
- Restless or messy sleeping patterns
- High cholesterol
- Lower self-esteem and depression.

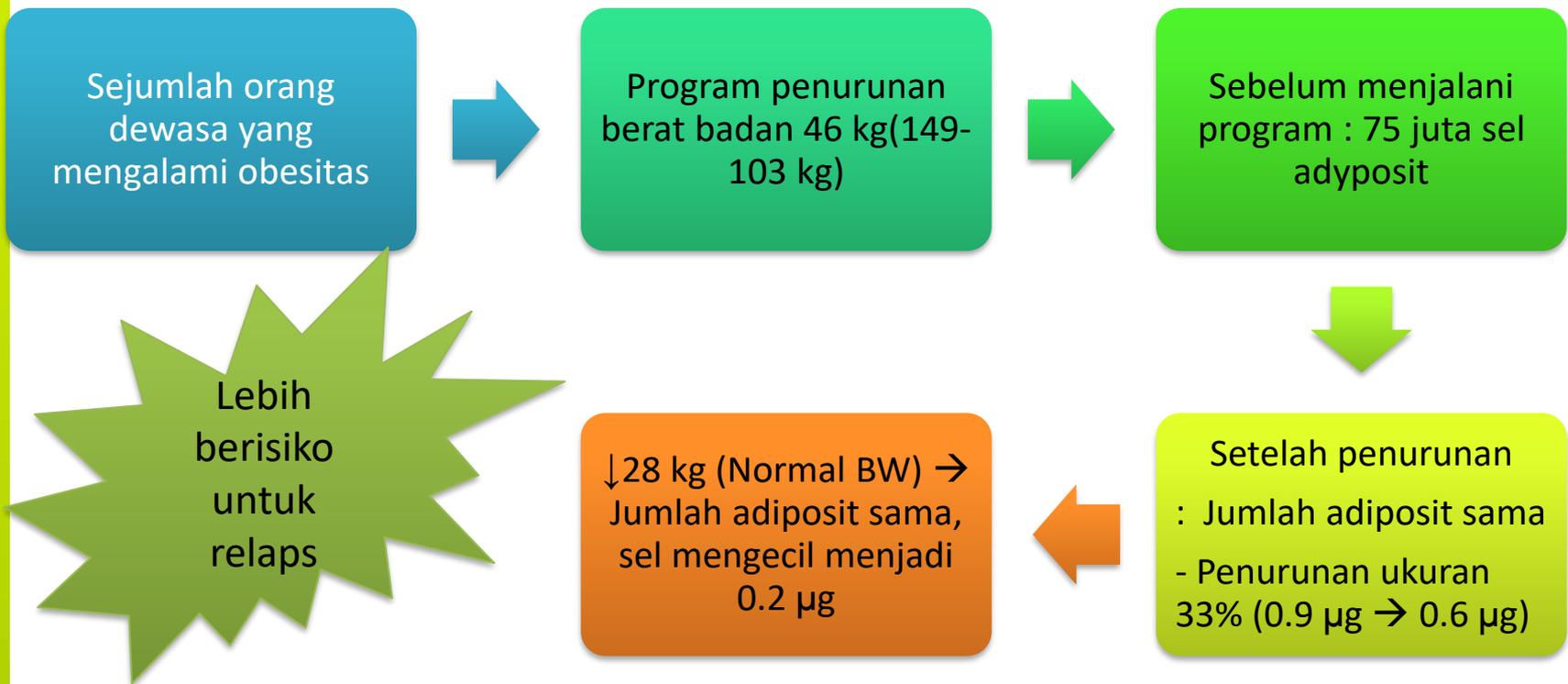


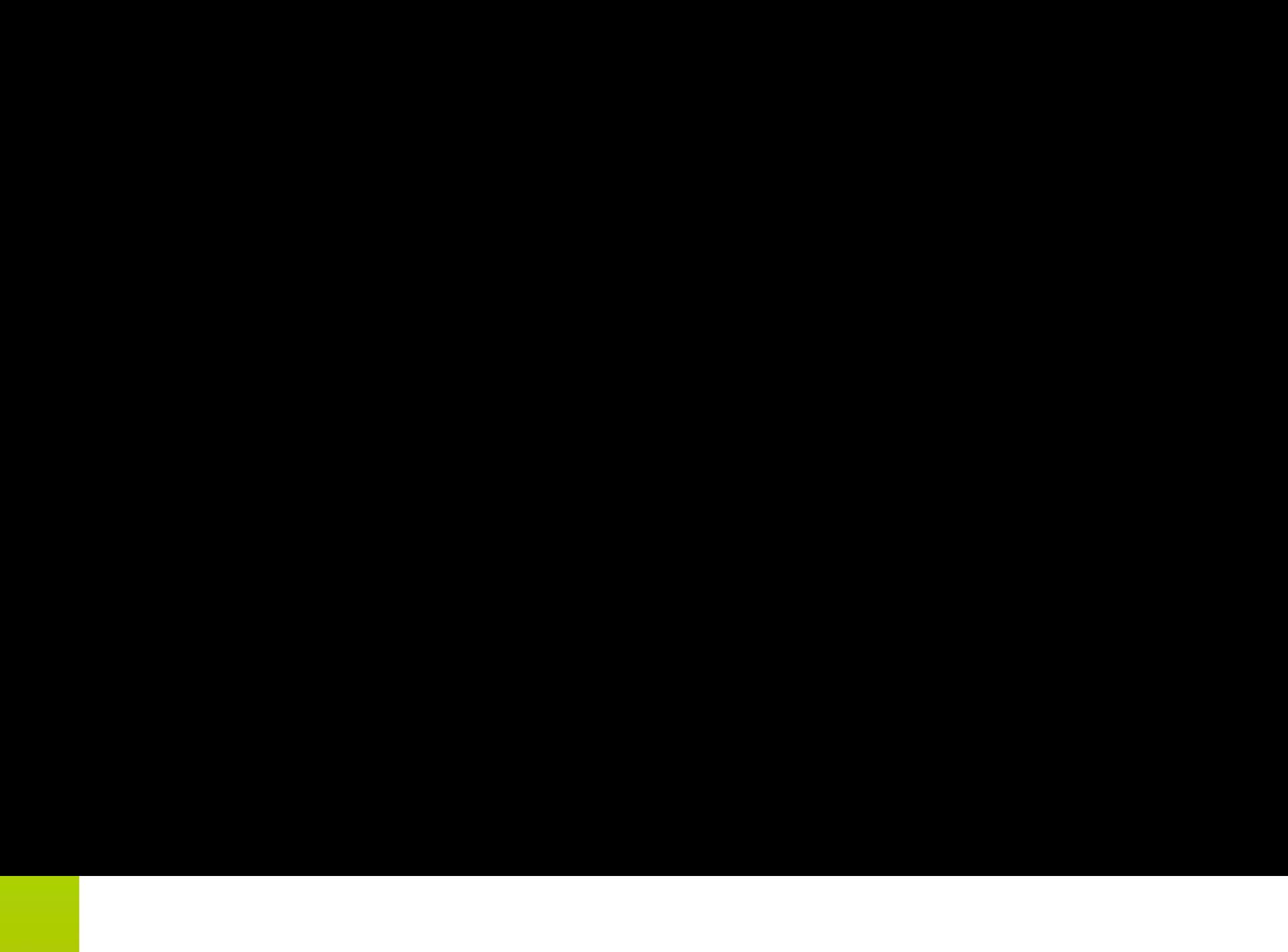
Penyebab Obesitas



Penyimpanan Lemak

- Penelitian Klasik: Hirsch, Adipose cellularity in relation to human obesity, 1971





Aktifitas Fisik dan Remaja

“Remaja yang berpartisipasi aktif dalam olahraga memiliki pengaruh positif dalam :

- *Prestasi akademik*
- *Tingkat kepercayaan diri*
- *status sosial dalam pergaulan ”*

National Federation of State High School Association (NFHS)

“ Aktifitas fisik dan Olahraga mampu meningkatkan konsentrasi”

Taras 2009

*Penelitian di SMA Negeri Jefferson (US) : Anak yang aktif ekstrakurikuler olahraga memiliki rata-rata nilai lebih tinggi (3,09) dibanding yang tidak aktif (2,44)
(SMA Jefferson adalah sekolah dengan prestasi akademik terbaik dan pemenang 39 kejuaraan olahraga di era 90an)*

McCarthy,1997

Aktifitas Fisik dan Remaja

“Partisipasi olahraga pada remaja dapat menurunkan tingkat drop out dan absen (bolos) siswa hingga 40 %”

Holloway, 2002

“Ekstrakurikuler olahraga di sekolah dapat menurunkan tingkat drop out karena remaja berkesempatan menjalin koneksi dan membangun stigma positif dengan sekolahnya”

Snyder & spreitzer

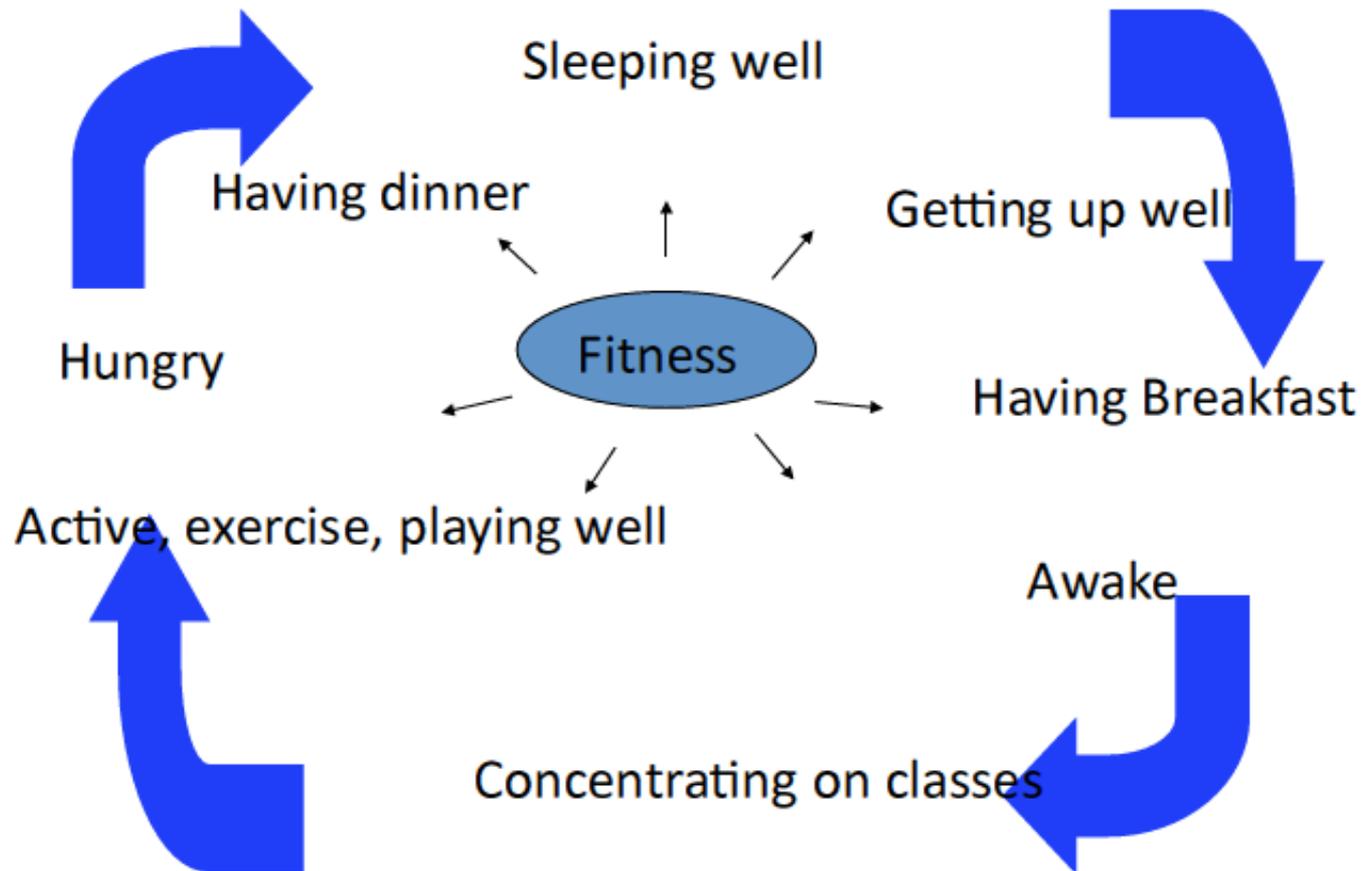
“Penelitian pada 1200 SMA Negeri di US :

Sekolah dengan tingkat partisipasi ekstrakurikuler olahraga yang tinggi dilaporkan memiliki masalah kenakalan & kriminalitas remaja yang lebih rendah dibandingkan sekolah dengan tingkat partisipasi ekstrakurikuler olahraga yang rendah

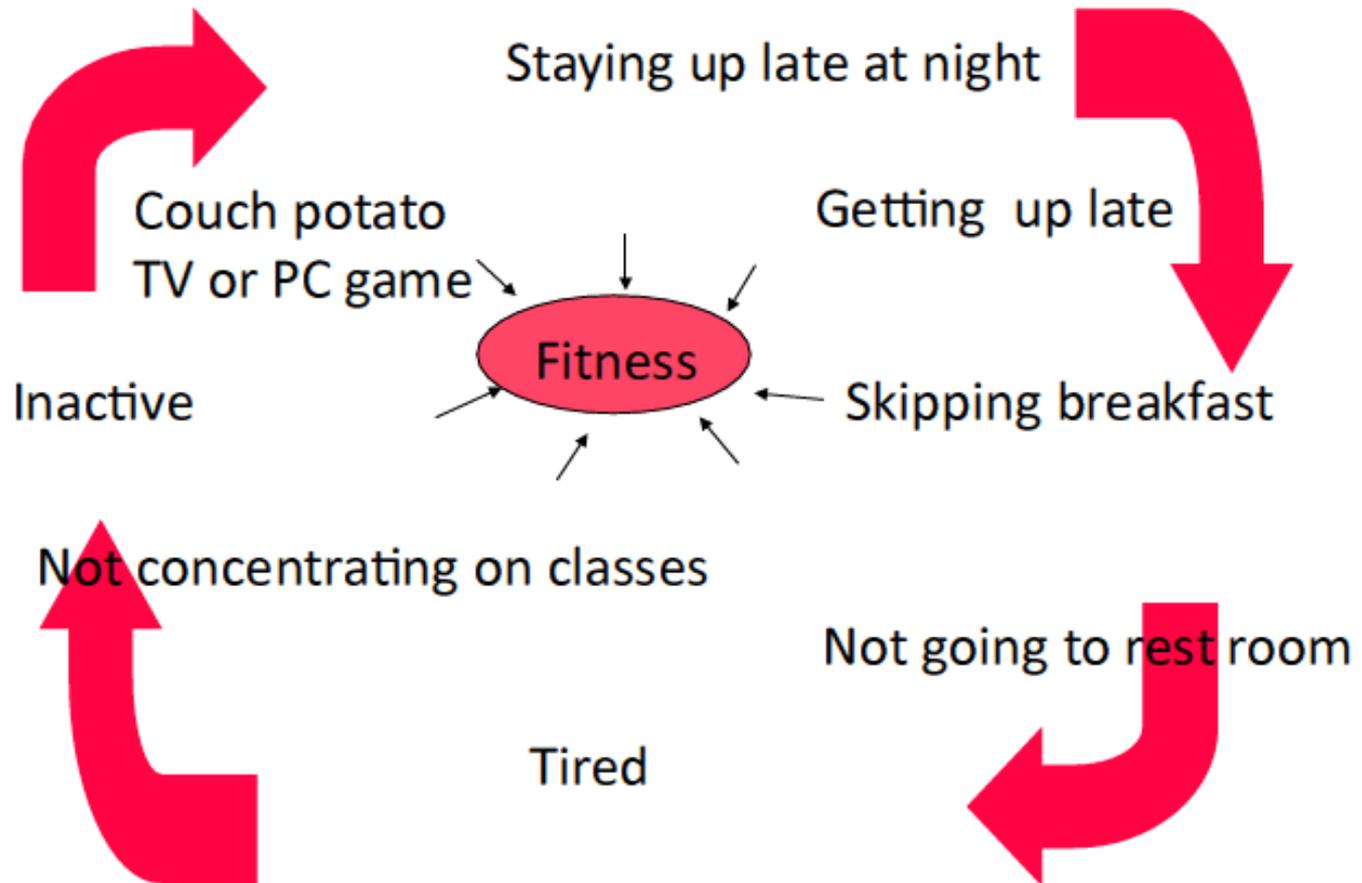
Sekolah tersebut juga memiliki jumlah siswa membolos yang lebih rendah”

Philips Veliz, Univ of Michigan, 2002

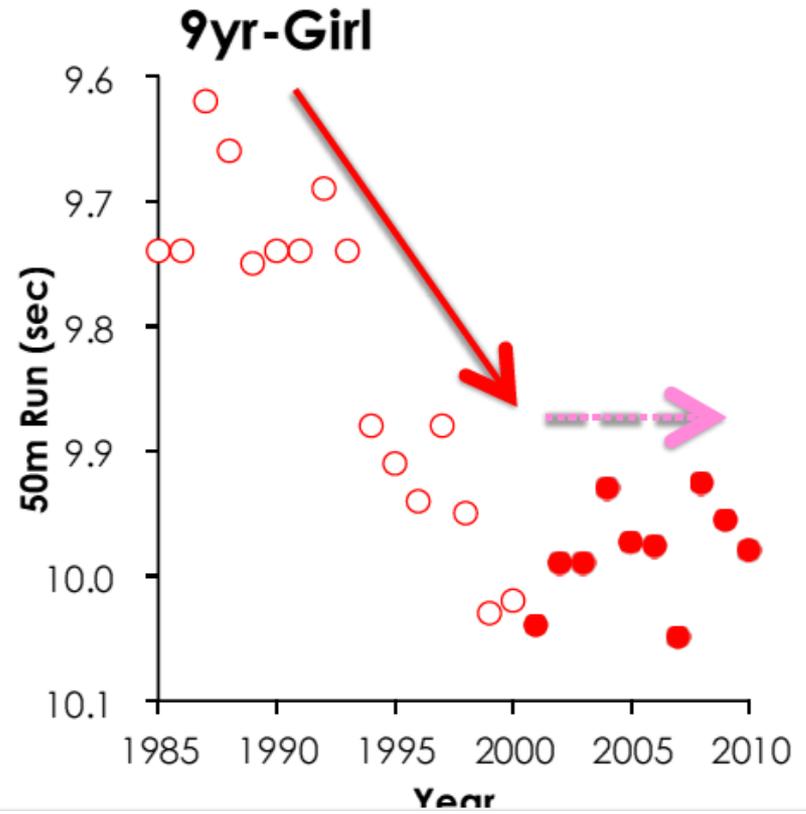
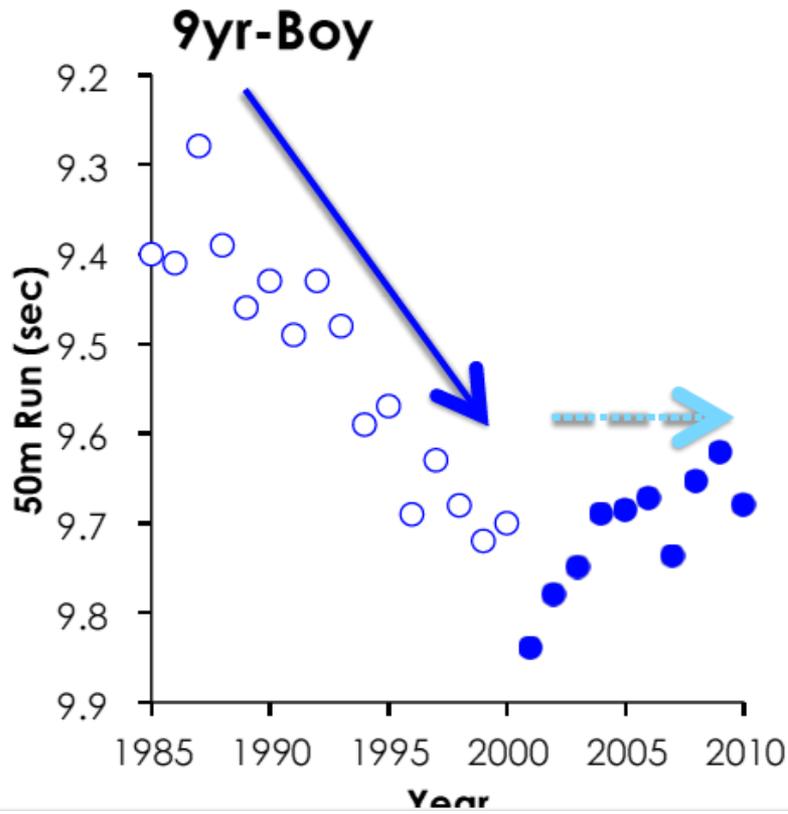
Windmill theory (Good life style)



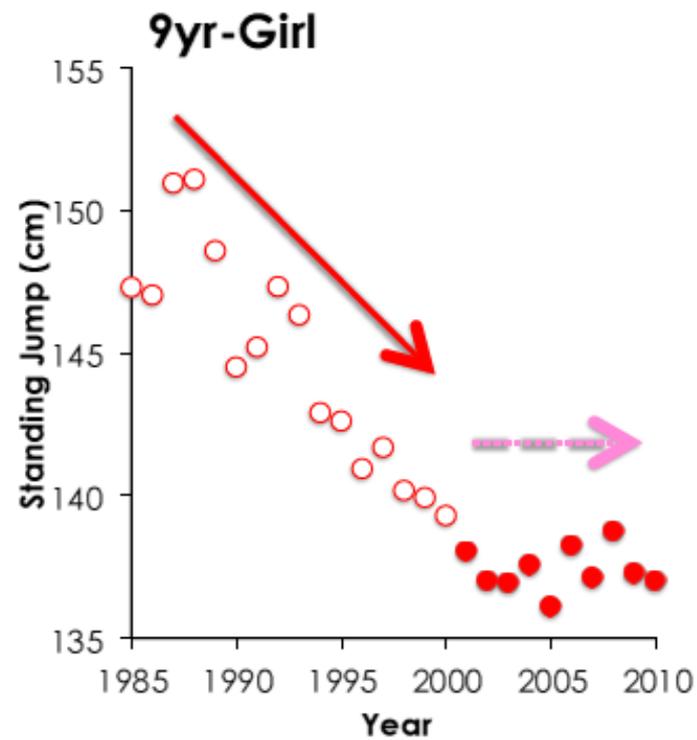
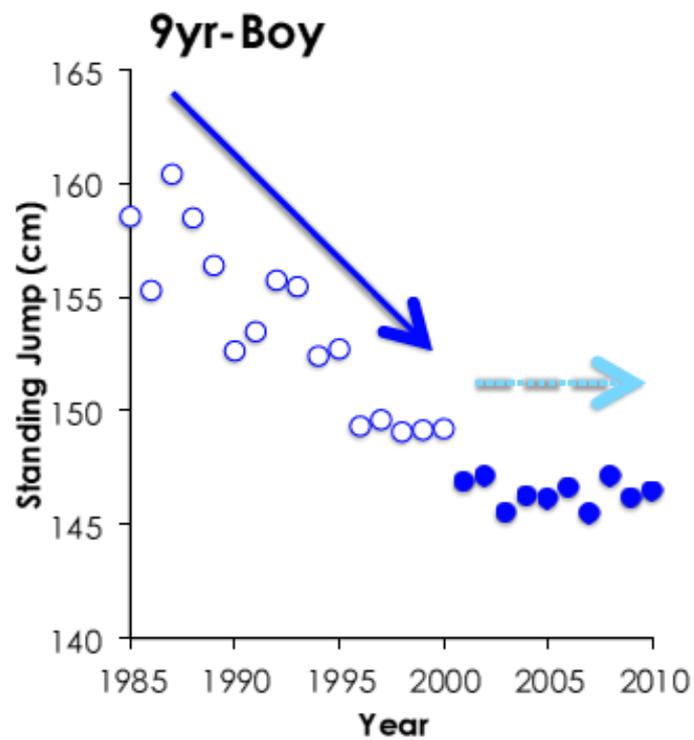
Windmill theory (Bad life style)



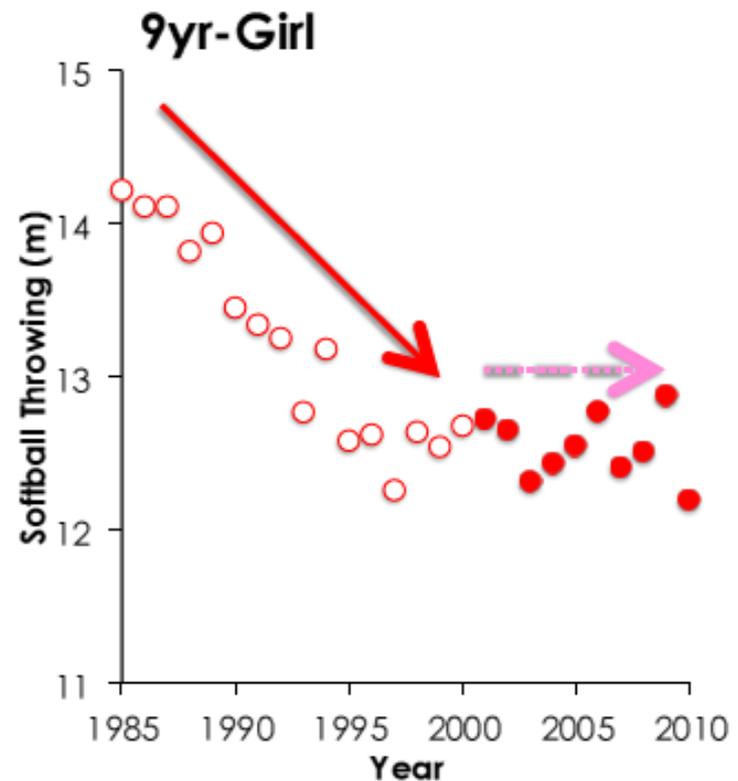
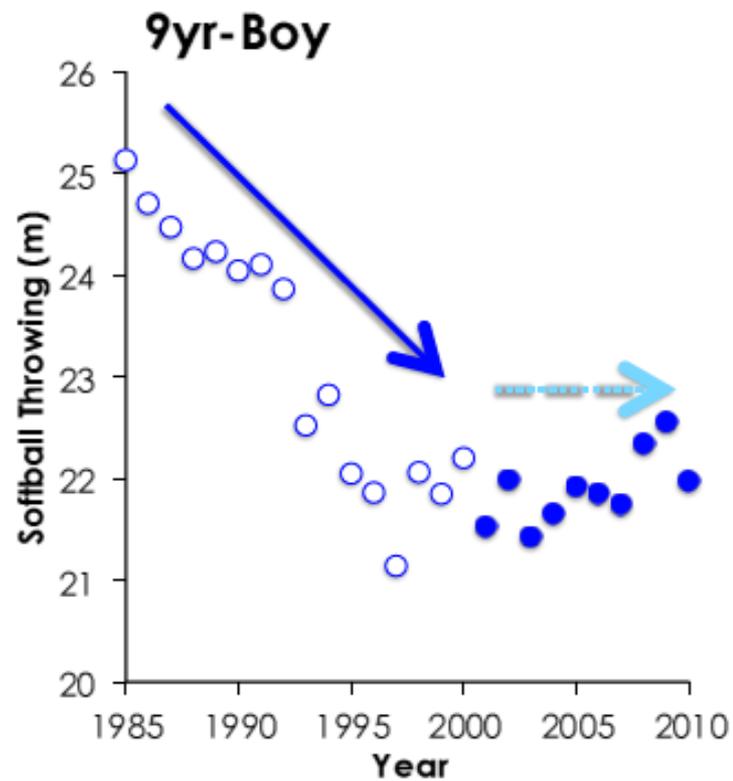
The change of 50m run from 1985 to 2010 (Run)



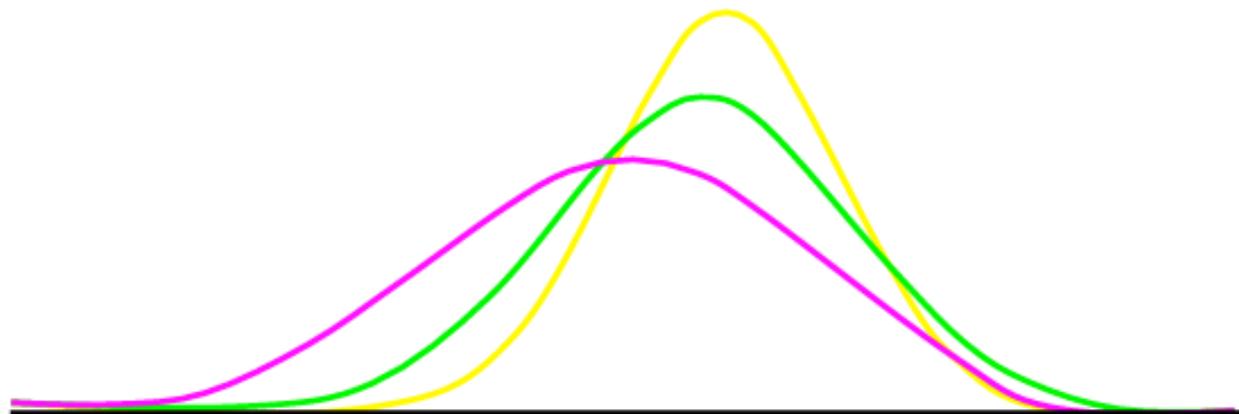
The change of standing jump from 1985 to 2010 (Jump)



The change of softball throwing from 1985 to 2010 (Throw)



Changes of distribution



Low

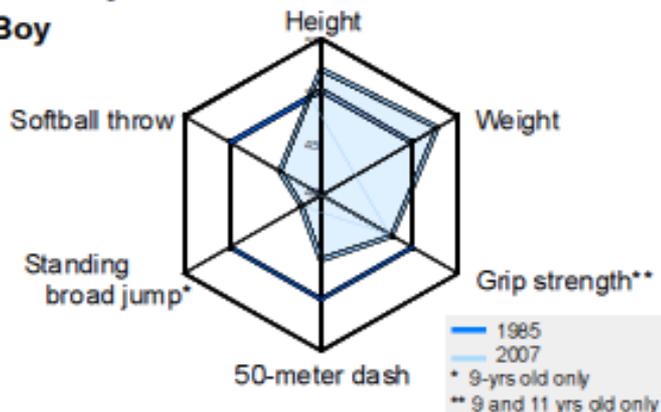
Fitness level

High

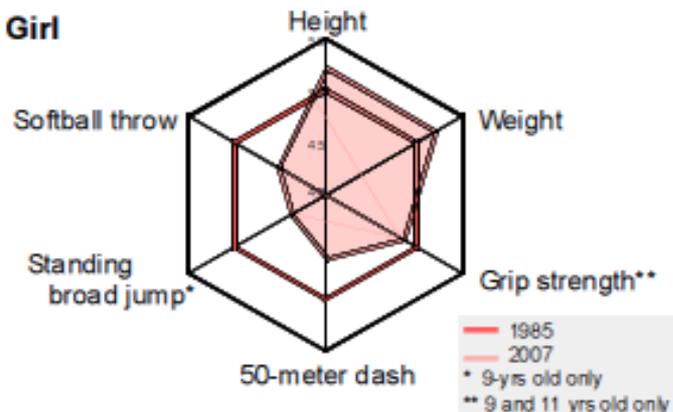
Comparison between 1985 and 2007 in children (6-17 year-old)

Elementary school

Boy

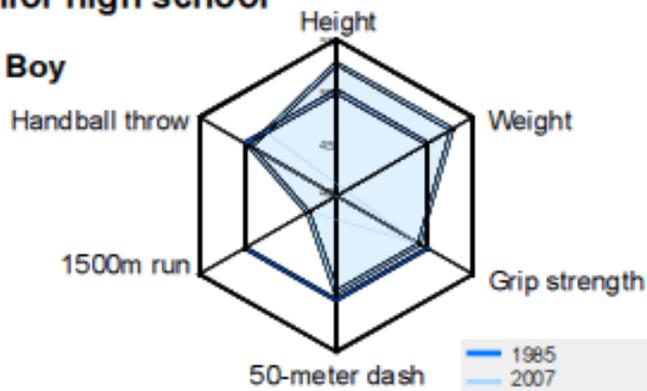


Girl

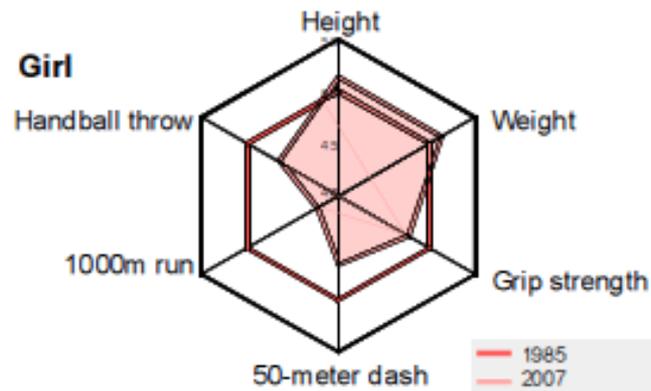


Junior high school

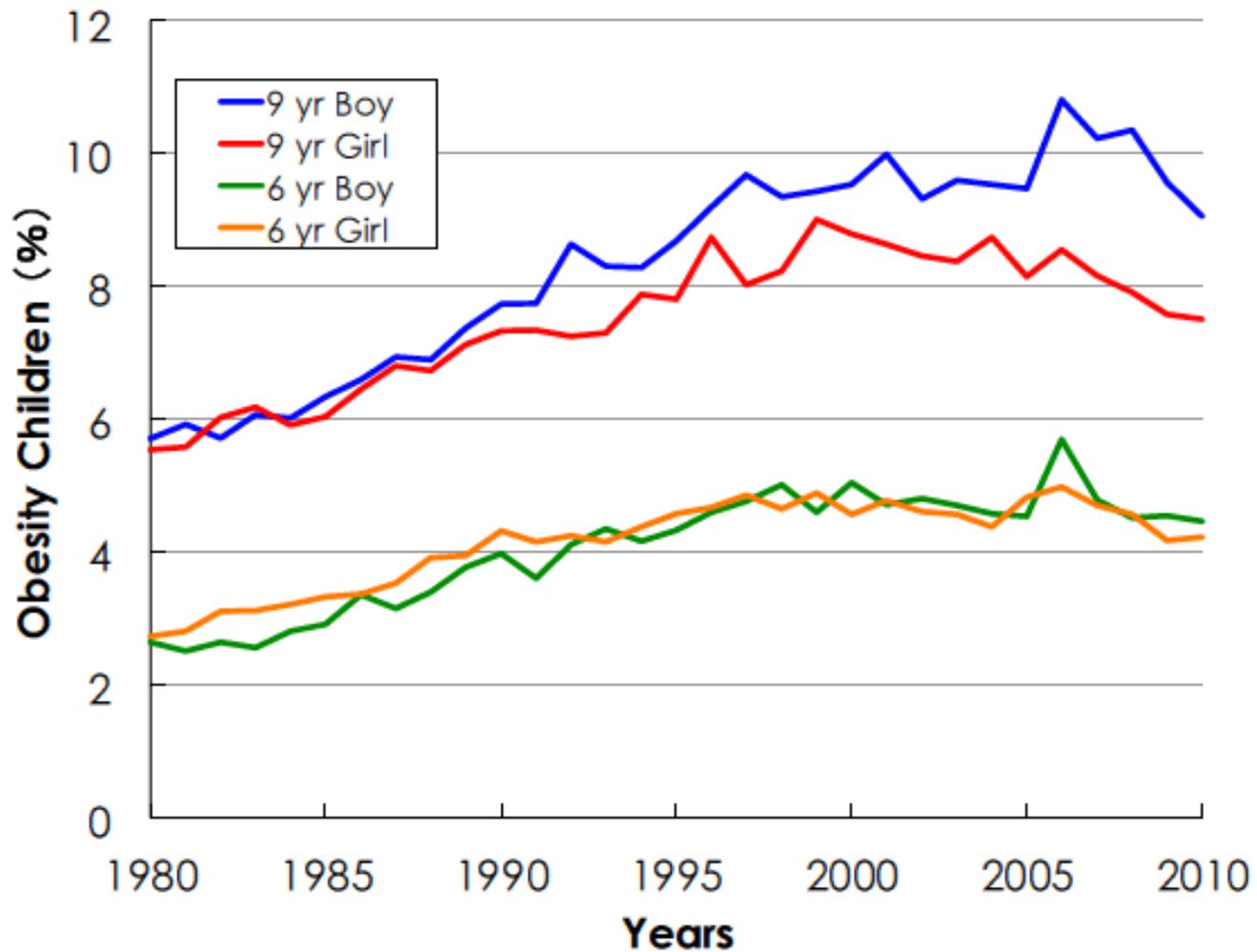
Boy



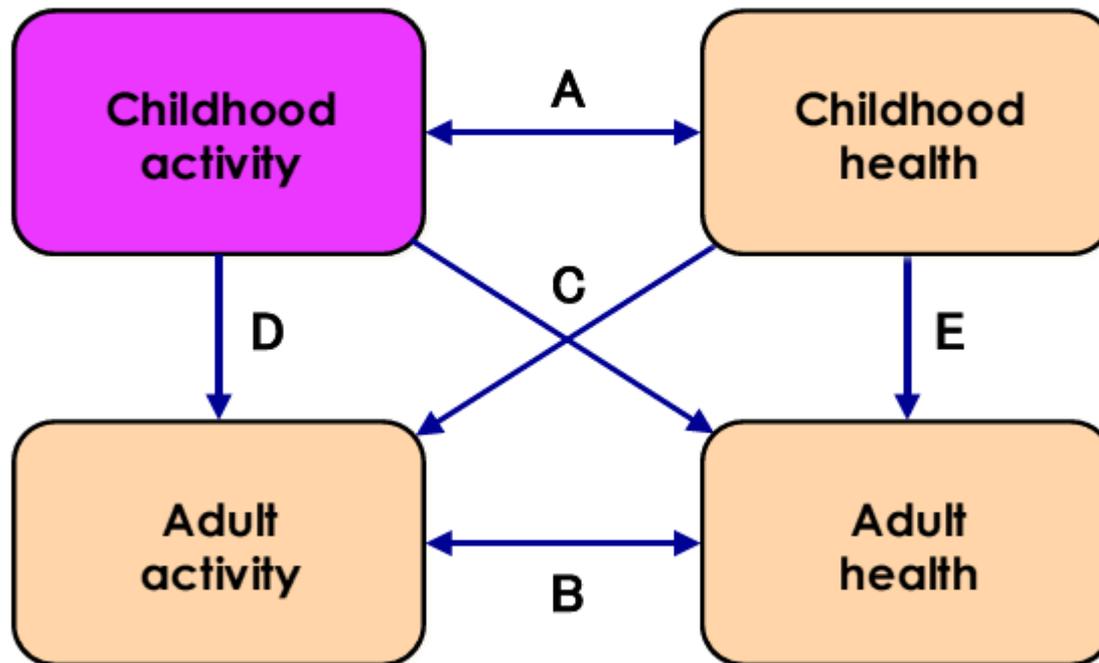
Girl



The change of ratio of obesity children



Relationships between physical activity and health in children and adults



(Boreham and Riddoch, 2001)

The reasons of decline of children's physical fitness

- ① Less need of physical activity
- ② Excessive use of cars (Motorization)
- ③ Decreasing of activity time due to emphasis on intellectual education
- ④ Decreasing birthrate
- ⑤ Change of the way in which children play

The change of social environment

Year of 1959



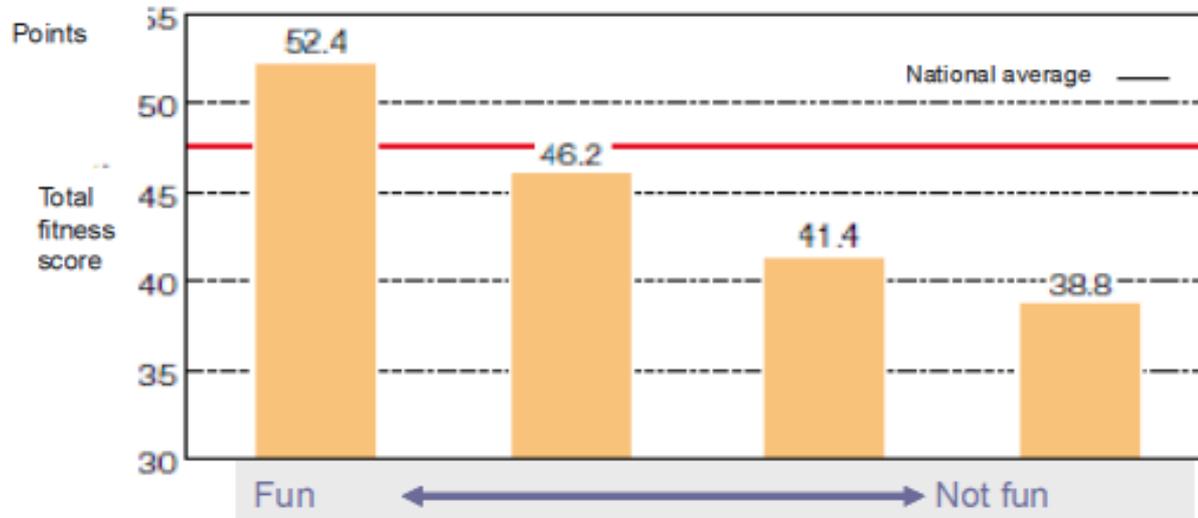
Year of 2000



撮影：大竹静市郎氏（東中野駅周辺）

The Relationship between Fun and Fitness

“Is your PE class fun?” (junior high school girls)



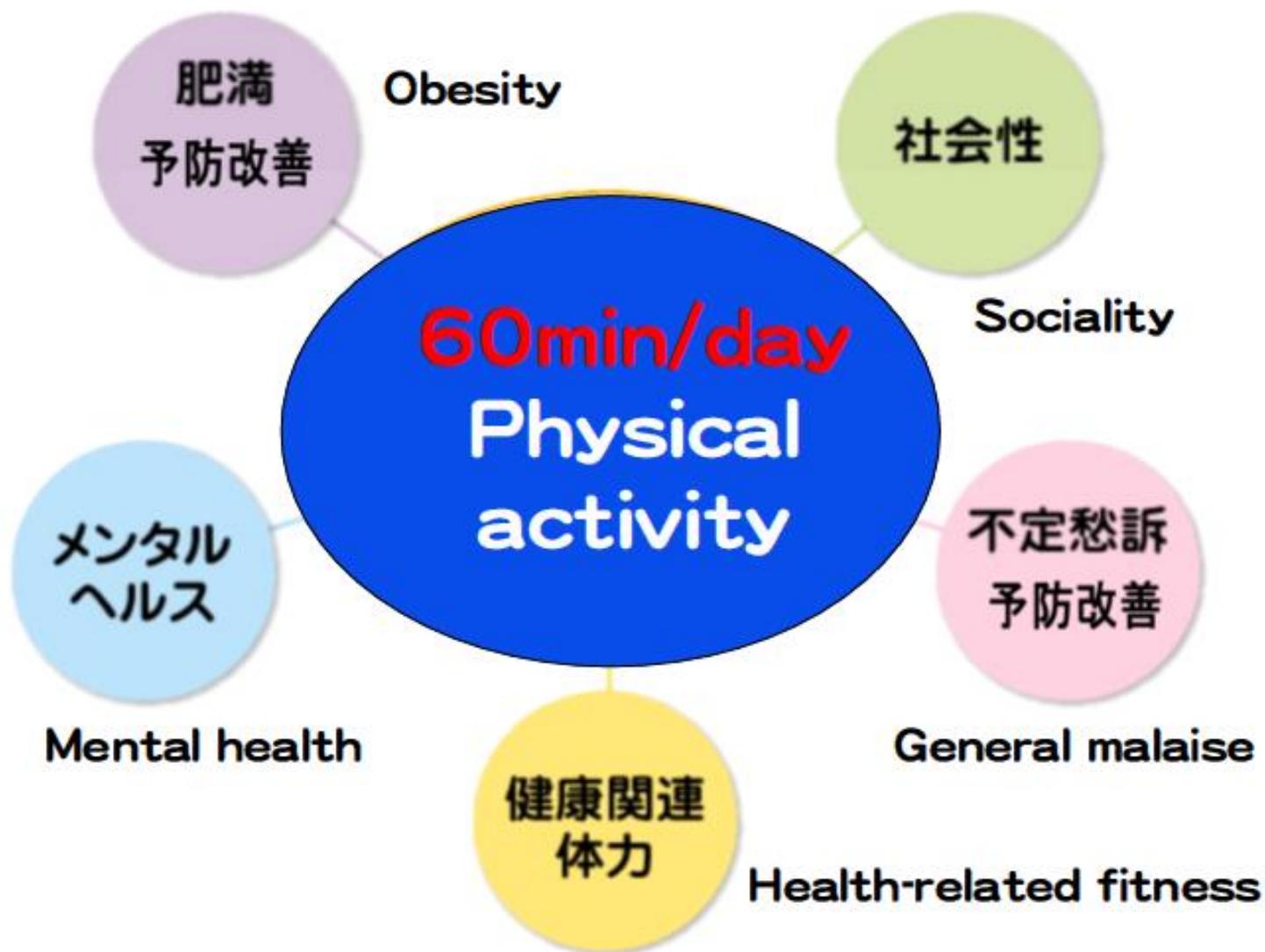
From the 2009 Nationwide Survey on Physical Fitness, Exercise Capacity, and Exercise Habits

Other Areas

- The innate pleasure of exercising
- The unique fun and appeal (characteristics) of each type of exercise
- The fun of improving skills and interacting

Increase the number of children who like to exercise

Enhanced fitness



Approach of getting accustomed to physical activity

- Find time of 60 min/day for exercise and physical activity
- Teach physical activity program (tell traditional play)
- Improve the layout of playgrounds
- Have a simple activity at the beginning of a class
- Utilize a local event effectively
- Step out / Participate in outdoor action with a family

Ministerial Ordinance Amending the Ordinance for the Enforcement of the School Education Act

Ordinance No. 5 of the Ministry of Education, Culture, Sports, Science and Technology,
March 28, 2008

Elementary school

Category	1st grade	2nd grade	3rd grade	4th grade	5th grade	6th grade
Current	90	90	90	90	90	90
New	102	105	105	105	90	90

Junior High School (Fully implemented in FY 2012)

Category	1st year	2nd year	3rd year
Current	90	90	90
New	105	105	105

An important time that lays the foundation of the development of a child's body

A time of significant development in students' bodies

Kebugaran Fisik

Kebugaran
Jantung

Kebugaran
otot

Komposisi
tubuh

- Kekuatan otot
- Kelenturan otot
- Daya tahan otot

KOMPONEN LATIHAN FISIK

PEMANASAN

Peningkatan Suhu Tubuh, Transisi Fisiologis

LATIHAN INTI

Latihan Aerobik, Latihan beban 20 – 60 menit

PENDINGINAN

Penurunan frekuensi denyut jantung, tekanan darah secara bertahap

PEREGANGAN

Menurunkan risiko cedera, dilakukan minimal 10 menit



Frekuensi

- Jumlah hari latihan dalam seminggu
- Ada hubungan yang bermakna antara manfaat latihan dengan frekuensi dan waktu latihan

Intensitas

- Tingkat berat - ringannya sebuah latihan fisik
- Beberapa metode untuk mengukur intensitas latihan

Time (Waktu)

waktu dalam melakukan latihan fisik dalam menit.

Type (Tipe)

- Tipe utama latihan fisik adalah:
- Latihan Aerobik (Kardiovaskular)
 - Latihan Beban (*resistance exercise/training*)





Thank You !