**Relationship Between Healthy Lifestyle and Fitness Level of Grade V Students of State Elementary School 173360 Sinambela**

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| **ABSTRACT** |  | **ARTICLE HISTORY**  Received: December, 2024  Accepted: January, 2025  Publish: January, 2025  **KEYWORDS**  Healthy lifestyle;  Fitness level;  Student |
| Current developments in everyday life, especially elementary school students, ignore a healthy lifestyle and physical fitness. Lifestyle is a way for someone to live their life, it includes various aspects starting from daily habits. This study aims to determine the relationship between lifestyle and the level of physical fitness of fifth grade students of SD Negeri 173360 Sinambela. This study is a quantitative study with a non-experimental type of research to test physical fitness. This study uses a descriptive correlation analysis method. The research sample with a purposive sampling technique uses a healthy lifestyle questionnaire research instrument and fitness level measurement using a multistage fitness test. This research was conducted at SD Negeri 173360 Sinambela in November 2024. The results of the study were that respondents in the good lifestyle category had a fitter level of physical fitness compared to students in the normal lifestyle category. There is a significant relationship between a healthy lifestyle and the fitness level of fifth grade students of SD Negeri 173360 Sinambela. |  |

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**INTRODUCTION**

Everyone should always be healthy and fit. Healthy is a condition both physically, mentally, spiritually, and socially that allows for a productive social and economic life, while fit is the body's ability to carry out daily activities with full energy and still have the remaining spirit and energy to enjoy free time and be ready to do other unexpected activities (P2PTM Kemenkes RI, 2019). In Indonesia, according to data from the Sport Development Index (SDI) in 2006, only 1.08% of the population had a very good level of fitness, 4.07% were classified as good, 13.55% were in the moderate category, 43.90% were classified as less fit and 37.40% were classified as very poor. A person's physical fitness will greatly affect the productivity or achievements that will be produced by that person. People who are healthy and have a good level of physical fitness will be able to excel in their work so that it will increase productivity. High cardiorespiratory endurance indicates a high ability to work, which means the ability to expend a large amount of energy over a long period of time.

The level of physical fitness can be influenced by other factors, such as age, gender, food intake, or smoking habits and lifestyle. Food intake is the dominant factor that determines a person's level of physical fitness, especially athletes. There needs to be an increase in energy to maintain physical fitness. Therefore, there are currently many supplement products on the market to increase energy. A healthy lifestyle is behavior and activities related to efforts to maintain and improve health so that it affects the level of physical fitness. A healthy lifestyle plays an important role in improving the health of each individual. A healthy lifestyle can be done by consuming a balanced diet, regular activity or exercise patterns, getting enough sleep so that each individual will be free from disease (Suryanto, 2011: 78). This is done so that the body stays healthy, so that physical fitness can be maintained properly.

In everyday life, humans are required to maintain their health. Health is something valuable for human life and activities. Healthy means where the human body does not experience anything such as illness, injury and others that can make a person carry out daily activities with a sense of comfort and maximum (Rohmah & Muhammad, 2021). It should be underlined that a healthy and long life is the hope of all mankind. The health obtained by humans cannot be separated from the physical activity they do, the more physical activity they do, the less likely they are to become inactive which can cause the human body to decline and disrupt daily life patterns.

Food, regular activity/exercise patterns, adequate sleep and not smoking are important factors for humans to improve physical fitness. Physical fitness is a person's dynamic health level to be the basis for physical ability to be able to carry out the tasks carried out (Giriwijoyo & Sidik, 2013). Humans are required to maintain health such as maintaining a diet, food intake must be balanced in terms of nutrition with the activities they do. One of the determining factors of health is eating nutritious food, facts show that in ancient times there was no understanding of a healthy lifestyle, but facts reveal that individuals in ancient times had healthy bodies. On the other hand, today's world many people die at a young age due to complications of the disease. Healthy behavior is influenced by several factors, health-conscious behavior is significantly influenced by behavior taken from home and the environment towards a healthy lifestyle (Bencsik et al., 2019) According to WHO data, 70% of heart disease, stroke, cancer and diabetes cause premature death. One of them is related to poor diet. Here are some examples of modern eating behavior that are not conducive to a healthy lifestyle: (1) consuming excessive amounts of carbohydrates and fats, and consuming little fiber (2) often consuming fast food (3) excessive snacking. Fiber consumption is also an important factor, according to this point of view and knowledge about the value of fiber foods is growing. Various diseases can be avoided thanks to these fiber-rich foods (WHO, 2010). Delicious food is not always good when consumed by humans, many foods and drinks are harmful to a person's health. This is a good habit to eat, before feeling hungry and stop before being full. Don't forget the proverb "4 healthy 5 perfect", eating with a balanced nutritional intake will present ourselves in the future. 4 healthy 5 perfect foods also have their respective functions from their own content, Food consumed every day must be nutritionally balanced, The requirements for good food must meet the criteria, such as, (1) Carbohydrates, proteins and fats are all in good balance (2) Contains vitamins. Carbohydrates function as the main source of energy, protein functions as the growth and maintenance of body cells and tissues, and vitamins as maintenance of body immunity. Energy sources are not only a function of carbohydrates, but fat also has a function as energy, excess energy can be stored in fat tissue as potential energy (Rani Devayanti, 2018). In addition to maintaining a diet, regular exercise is also needed, because it can affect a person's level of physical fitness, this is in accordance with the motto "Mens sana in Corpore Sano" which means that there is a strong soul in a healthy body (Husna, 2021).

In accordance with some of the explanations above, it can be explained that the problem of a healthy lifestyle has an impact on student fitness, for example the problem of class V attendance at SD Negeri 173360 Sinambela, which is quite a lot absent due to illness, almost every day there are students who ask permission to go to the UKS regarding complaints about physical fitness, schools that rarely provide education about the importance of a healthy lifestyle at school. Food and drinks sold in the school environment are also less supportive of maintaining a healthy lifestyle.

Based on the description above, it is necessary to conduct research on the relationship between a healthy lifestyle and the fitness level of fifth grade students of SDN 173360 Sinambela, Toba Regency, North Sumatra, in the 2024/2025 Academic Year.

**MATERIALS AND METHODS**

This study was conducted in November 2024 at SDN 173360 Sinambela, This type of research is a survey that is correlational (purposive random sampling) and cross-sectional is a study to study the dynamics of the correlation between risk factors and effects, with an approach or observation model at once at one time about lifestyle on activity and physical fitness levels. Students' physical fitness was tested using a multistage test to determine the level of endurance capacity (Vo2Max), lifestyle was tested using the fantastic life infentory questionnaire (Wilson, 1984) including: Family and friends; Physical activity; Nutrition; Tobacco; Alcohol and drugs; Sleep; Type of personality; Insight; Career.

**RESULTS AND DISCUSSION**

The results discussed are a general description of the research location, demographic characteristics, respondents and measured variables. The results of the study are presented in tabular form and are interpreted for each variable studied.

**Table 1.** Demographic characteristics of respondents by gender

|  |  |  |
| --- | --- | --- |
| Gender | Frequency | Percentage |
| Male | 22 | 62,8% |
| Female | 13 | 37,2% |
| Total | 35 | 100% |

The table above shows that the number of male respondents is greater than the number of female students, namely 22 (62.8%) male students and 13 (37.2%) female students.

**Table 2.**Student lifestyle

|  |  |  |
| --- | --- | --- |
| **Lifestyle** | **Frequency** | **Percentage** |
| Needs improvement | **-** | **0%** |
| Fair | **10** | **28,6%** |
| Good | **25** | **71,4%** |
| Very Good | **-** | **0%** |
| Excellent | **-** | **0%** |
| Total | **35** | **100%** |

The table above shows that students with a “good” lifestyle are more than students with a “normal” lifestyle. Students with a good lifestyle are 25 people (71.4%) while students with a normal lifestyle are 10 people (28.6%).

**Table 3.** Student fitness level

|  |  |  |
| --- | --- | --- |
| **Physical Fitness level** | **Frequency** | **Percentage** |
| Fit | 30 | 85,72% |
| Not fit | 5 | 14,28% |
| **Total** | **35** | **100%** |

The table above shows that the measurement of the student fitness level variable uses a multistage fitness test. The results of the analysis revealed that there were 30 fit students (85.72%) while 5 unfit students (14.28%).

**Table 4.** Distribution of respondents based on lifestyle and fitness level

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Phisical level** | **Life Style** | | | | | | | | | | **Total** | |
| Needs improvement | | Fair | | Good | | Very good | | Excelent | |
| **N** | **%** | **N** | **%** | **N** | **%** | **N** | **%** | **N** | **%** | **N** | **%** |
| Fit | 0 | 0 | 9 | 25,72% | 21 | 60 | 0 | 0 | 0 | 0 | 30 | 85,72% |
| Not Fit | 0 | 0 | 3 | 8,57 | 2 | 5,71 | 0 | 0 | 0 | 0 | 5 | 14,28% |
| **Total** | | | | | | | | | | | **35** | **100** |

The table above shows that students with a good lifestyle category have a healthy level of physical fitness, namely 21 people (60%) compared to students with a normal lifestyle category of 9 people (25.72%). The results of data analysis using the chi square test statistical test showed significant results H0 was rejected and H1 was accepted, so there was a significant relationship between a healthy lifestyle and the fitness level of students at SD Negeri 173360 Sinambela.

***Discussion***

A healthy lifestyle plays a role in improving student fitness, namely the better the student's healthy lifestyle, the better the student's fitness level. This healthy lifestyle is based on food and drink, personal and environmental hygiene, illness and disease, exercise and rest. To achieve good physical fitness, there need to be activities that must be carried out to improve students' physical fitness, for example by doing sports activities regularly plus adequate rest, then physical fitness will be well maintained. So, to maintain a person's physical fitness, they should always maintain a healthy lifestyle every day.

**CONCLUSION**

Lifestyle in this study was measured using the Fantastic Life Inventory questionnaire, based on the results of the study, the most important thing is a healthy lifestyle such as frequent exercise, good rest patterns, eating a balanced diet and not smoking in improving student fitness.

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