

ABSTRAK

Nurul Aqil, 2026. “*Hubungan Kualitas Tidur dan Status Gizi dengan Kebugaran Jasmani pada Santri Pondok Pesantren Kelas 10 Ma Salafiyah Syafi'iyah Proto*”. Skripsi. Sarjana Pendidikan Jasmani. Fakultas Ilmu Kesehatan. Universitas Muhammadiyah Pekajangan Pekalongan. Pembimbing Dr. Jamaludin Yusuf., S.Pd., M.Pd.

Kata Kunci ; Kualitas Tidur, Status Gizi, Kebugaran Jasmani, Santri, Pondok Pesantren.

Rendahnya tingkat kebugaran jasmani santri kelas 10 MA Salafiyah Syafi'iyah Proto ditandai dengan gejala lesu, mudah mengantuk saat pembelajaran, serta banyaknya keluhan saat mengikuti praktik Pendidikan Jasmani, Olahraga, dan Kesehatan (PJOK). Kondisi ini diduga dipengaruhi oleh kualitas tidur yang buruk akibat padatannya jadwal kegiatan pondok pesantren, dimana santri baru memperoleh waktu istirahat pukul 23.00 WIB dan harus bangun kembali pukul 04.00 WIB serta pola makan santri yang kurang bergizi. Tujuan penelitian ini adalah untuk mengetahui hubungan antara kualitas tidur dan status gizi dengan kebugaran jasmani pada santri pondok pesantren kelas 10 MA Salafiyah Syafi'iyah Proto.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional yang bersifat cross-sectional. Pengambilan sampel dilakukan dengan teknik purposive random sampling dengan jumlah sampel sebanyak 64 responden dari total populasi 176 santri kelas 10. Pengumpulan data meliputi pengisian kuesioner Pittsburgh Sleep Quality Index (PSQI) untuk mengukur kualitas tidur, pengukuran Indeks Massa Tubuh (IMT) untuk menilai status gizi, serta pelaksanaan Multistage Fitness Test (MFT) untuk mengukur tingkat kebugaran jasmani.

Hasil penelitian menunjukkan terdapat hubungan yang signifikan dan bersifat negatif antara kualitas tidur dengan kebugaran jasmani ($\text{Sig.} = 0,015$; $B = -0,454$), artinya semakin buruk kualitas tidur maka semakin rendah kebugaran jasmani santri, dengan 84,4% santri tercatat memiliki kualitas tidur buruk. Terdapat pula hubungan yang signifikan dan bersifat positif antara status gizi dengan kebugaran jasmani ($\text{Sig.} = 0,003$; $B = +0,544$), dimana 39,1% santri masih berada dalam kategori gizi kurus. Secara simultan, kualitas tidur dan status gizi bersama-sama berhubungan signifikan dengan kebugaran jasmani ($F = 8,752$; $\text{Sig.} = 0,000$) dengan kontribusi sebesar 22,3% ($R^2 = 0,223$). Simpulan penelitian ini adalah kualitas tidur dan status gizi merupakan faktor yang secara signifikan berhubungan dengan kebugaran jasmani santri, sehingga perbaikan durasi tidur dan pemenuhan gizi seimbang perlu menjadi perhatian utama pihak pondok pesantren.

ABSTRACT

Nurul Aqil, 2026. " *The Relationship Between Sleep Quality, Nutritional Status and Physical Fitness among 10th-Grade Students at the Salafiyah Syafi'iyah Proto Islamic Boarding School* ". Undergraduate. Program in Physical Education. Faculty of Health Sciences. University of Muhammadiyah Pekajangan Pekalongan. Supervisor Dr. Jamaludin Yusuf., S.Pd., M.Pd.

Keywords ; *Sleep quality, Nutritional status, Physical fitness, Student, Boarding School.*

Lethargy, tiredness during class, and frequent complaints during Physical Education, Sports, and Health practical sessions are indicators of the low level of physical fitness among 10th-grade students at MA Salafiyah Syafi'iyah Proto. This condition is maybe influenced by poor sleep quality resulting from the tight schedule at the Islamic boarding school where students only get to rest at 11:00 PM and must wake up again at 4:00 AM, as well as a lack of nutritional intake in their diet.

The purpose of this study is to determine the relationship between sleep quality, nutritional status, and physical fitness among 10th-grade students at the Salafiyah Syafi'iyah Proto Islamic boarding school.

This study used a quantitative method with a cross-sectional correlational approach. Purposive random sampling was used involving 64 respondents from 176 population in 10th grade students. Data were collected by using the Pittsburgh Sleep Quality Index (PSQI) questionnaire to measure sleep quality, measuring Body Mass Index (BMI) to assess nutritional status, and conducting the Multistage Fitness Test (MFT) to measure physical fitness levels.

The results of this study indicate a significant negative relationship between sleep quality and physical fitness (Sig. = 0.015; B = -0.454), meaning that poorer sleep quality corresponds to lower physical fitness among the Islamic boarding school students, with 84.4% of the students recorded as having poor sleep quality. There is also a significant positive relationship between nutritional status and physical fitness (Sig. = 0.003; B = +0.544), with 39.1% of the students falling into the underweight category. Simultaneously, sleep quality and nutritional status are significantly associated with physical fitness ($F = 8.752$; Sig. = 0.000), with a contribution of 22.3% ($R^2 = 0.223$).

This study concludes that sleep quality and nutritional status are factors significantly associated with the physical fitness of Islamic boarding school students. Therefore, improving sleep duration and ensuring balanced nutrition should be an essential consideration for the Islamic boarding school authorities.