

**HUBUNGAN ANTARA INDEKS JISIM BADAN,
KECERGASAN FIZIKAL DAN PENCAPAIAN
AKADEMIK DALAM KALANGAN PELAJAR
ELEKTIF SAINS SUKAN**



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ABSTRAK

HUBUNGAN ANTARA INDEKS JISIM BADAN, KECERGASAN FIZIKAL DAN PENCAPAIAN AKADEMIK DALAM KALANGAN PELAJAR ELEKTIF SAINS SUKAN

Kajian ini bertujuan untuk menentukan hubungan antara indeks jisim badan (IJB), kecergasan fizikal dan pencapaian akademik dalam kalangan pelajar elektif Sains Sukan. Seramai 44 pelajar lelaki dan 47 pelajar perempuan, dalam kalangan pelajar yang menduduki mata pelajaran elektif Sains Sukan Tingkatan Empat dari tiga buah sekolah menengah daerah Kota Kinabalu terlibat dalam kajian ini. IJB dikira daripada ukuran ketinggian dan berat badan pelajar. Ujian *Bleep* digunakan untuk mengukur kecergasan fizikal. Pencapaian akademik diukur melalui keputusan ujian pencapaian Sains Sukan. Data yang diperolehi dianalisis dengan menggunakan kaedah statistik deskriptif dan statistik inferensi. Analisis korelasi *Spearman's rho* digunakan untuk menentukan hubungan antara pemboleh ubah-pemboleh ubah yang dikaji. Hasil kajian menunjukkan majoriti pelajar lelaki dan pelajar perempuan elektif Sains Sukan mempunyai skor IJB yang mencapai julat sihat berpanduan piawai *Fitnessgram*. Sebaliknya, didapati pula majoriti pelajar lelaki dan pelajar perempuan elektif Sains Sukan gagal mencapai tahap kecergasan fizikal dalam julat sihat. Kebanyakan pelajar lelaki dan pelajar perempuan elektif Sains Sukan didapati memperolehi pencapaian akademik dalam julat lulus. Hasil kajian juga menunjukkan tidak terdapat hubungan yang signifikan antara IJB dan kecergasan fizikal, IJB dan pencapaian akademik, kecergasan fizikal dan pencapaian akademik dalam kalangan pelajar lelaki elektif Sains Sukan. Begitu juga didapati tidak terdapat hubungan yang signifikan antara IJB dan kecergasan fizikal, IJB dan pencapaian akademik, kecergasan fizikal dan pencapaian akademik dalam kalangan pelajar perempuan elektif Sains Sukan. Bagaimanapun, kajian ini mendapati wujudnya hubungan negatif yang lemah ($r_s = -0.21$, $p < 0.05$) antara indeks jisim badan dan kecergasan fizikal dalam kalangan pelajar elektif Sains Sukan secara keseluruhan. Kesimpulannya, dapatan kajian ini menunjukkan tidak terdapat hubungan yang signifikan antara indeks jisim badan, kecergasan fizikal dan pencapaian akademik dalam kalangan pelajar lelaki dan pelajar perempuan elektif Sains Sukan.

ABSTRACT

RELATIONSHIP BETWEEN BODY MASS INDEX, PHYSICAL FITNESS AND ACADEMIC ACHIEVEMENT AMONG SPORT SCIENCE ELECTIVE STUDENTS

The purpose of this study is to determine the relationship between body mass index (BMI), physical fitness and academic achievement among Sport Science elective students. A total number of 44 male students and 47 female students, who enrolled in Form Four Sport Science elective subject from three secondary schools located in Kota Kinabalu districts were involved in this study. BMI was calculated by using height and weight measurement. Bleep Test was used to measure physical fitness. Academic achievement was measured from the Sport Science achievement test. Data collected was analysed using descriptive statistics and inference statistics. Spearman's rho correlation was utilized to determine the relationship between variables in this study. Results from the study indicate that majority of the Sport Science elective male and female students' scores of BMI are within the healthy zon based on the Fitnessgram's standard. But it is also found that physical fitness level of majority Sport Science elective male and female students fail to reach the healthy zon. Most of the Sport Science elective male and female students obtained fair academic results. The findings of this study also show that there is no significant relationship between BMI and physical fitness, BMI and academic achievement, physical fitness and academic achievement among Sport Science elective male students. It is also found that there is no significant relationship between BMI and physical fitness, BMI and academic achievement, physical fitness and academic achievement among Sport Science elective female students. However, it is found that there is a low negative relationship ($r_s = -0.21$, $p < 0.05$) between BMI and physical fitness in all the Sport Science elective students. In conclusion, results from this study indicate that there is no significant relationship between BMI, physical fitness and academic achievement among Sport Science elective male and female students.