

## **BODY MASS INDEX OF ELEMENTARY SCHOOL TEACHERS EDUCATION 5<sup>TH</sup> SEMESTER STKIP MUHAMMADIYAH BANGKA BELITUNG**

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### ***Abstract***

*This study aims to determine the body mass index of elementary school teacher education 5th semester students of STKIP Muhammadiyah Bangka Belitung, which was conducted in the sports lab of STKIP MBB. The method used in this research is descriptive statistics. The population in this study were all of the 5th semester PGSD students totaling 126 people and taking a sample used in total sampling. The instrument used was a body mass index test with the formula  $BMI = \frac{BB (Kg)}{TB (m)^2}$ . Data analysis calculation techniques in research using quantitative approaches. The results of this study concluded that the average body mass index of PGSD 5th semester students of STKIP MBB was 21.45 kg / m<sup>2</sup>, the minimum value was 14.6 kg / m<sup>2</sup> and the maximum was 38.5 kg / m<sup>2</sup>. Based on the assessment of the body mass index it can be concluded that the average semester 5 PGSD student STKIP MBB has a normal body mass index.*

**Keywords:** *Body Mass Index*

### **Introduction**

The teacher is basically one of the components in the learning process that plays a role in efforts to form potential human resources in the development field. As a component in the field of education, a teacher must actively participate and place his position as a professional, in accordance with the demands of a growing community, so he is required to have integrity, loyalty, dedication, and responsibility to realize himself as a professional teacher. In a special sense, the teacher is not merely a "teacher" who carries out the transfer of knowledge, but also as an "educator" who is obliged to carry out the transfer of values, as well as a "trainer" who transfers the skills, and "the mentor" who gives direction and guide students in learning, Isjoni (2007).

Mulyasa (2007), Teacher professionalism in Indonesia is still very low, this is due to the absence of changes in teaching patterns and conventional systems to competency systems, high teacher workload, and many teachers who have not conducted classroom action research. On this basis teachers' competency standards and certification are formed so that teachers are truly professional and have appropriate competencies in teaching.

Body Mass Index (BMI) is one way to find out your ideal weight range and predict how much your risk of health problems. This method is used to determine a healthy weight based on weight and height. Body mass index figures or in English Body Mass Index (BMI) is used to indicate a person's weight

category whether it is proportional or not. Through BMI, a person will know whether his weight is in the normal, excess, or even deficient categories.

Body weight is the size of the body in terms of weight that is weighed in a state of minimal dressing without any equipment. Body weight is measured by measuring the body weight in kilograms. Height is anthropometry which describes the state of skeletal growth. Height is a parameter that can see the state of nutritional status now and the past. Under normal circumstances, height grows with age.

In this study, what was discussed was the body mass index of elementary school teacher education in the 5th semester at STKIP Muhammadiyah Bangka Belitung. By measuring BMI, we can find out the nutritional status of the normal (obese, obese, overweight, thin, and very thin). Nutritional status is a picture of a balance between intake (intake) and the needs (requirements) of nutrients for various biological processes of the body, Marhaposan Situmorang (2015).

Nutritional status expressed by body mass index (BMI) has a negative relationship with fitness level, which means the higher the BMI value, the lower the body fitness test score. Research conducted on children and adolescents aged 6-18 years in Maputo, Mozambique states that both men and women who have BMI scores in the overweight category show lower fitness test results compared to normal cartography. But the hand grip muscle strength test showed better results. Thus in the underweight group strength, endurance and flexibility tests were worse than the normal nutrition group, Ode J, et al (2007).

Therefore, the purpose of this study is to find out the body mass index of 5th semester elementary school teacher students at STKIP Muhammadiyah Bangka Belitung which will hopefully provide benefits for physical fitness.

## Method

The method used in this research is descriptive method with approach or type of survey. While the population in this study were all PGSD students of the 5th generation 2017 STKIP Muhammadiyah Bangka Belitung male and female. The population used was 126 people and the sample used was the entire population. So the technique used is total sampling, meaning that all populations are sampled, Sugiyono (2018).

The instrument used was a calculation of Body Mass Index (BMI) with the following formula:  $IMT = BB \text{ (kg)} / TB \text{ (m)}^2$ .

Information:

IMT : The magnitude of the Body Mass Index sought

BB : Weight measured using a body weight scale

TB : Height measured using Stature Meter

Table 1. Body Mass Index Categories, Sumbara, Etor (2019)

No	IMT	Kategori
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1	< 17,0	Skinny Weight
2	17,0 – 18,5	Skinny Light Level
3	> 18,5 – 25,0	Normal
4	> 25,0 – 27,0	Fat Level Light
5	> 27,0	Fat Level Weight

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Data Collection Techniques taken from PGSD students in the 5th semester of 2017 STKIP Muhammadiyah Bangka Belitung are Weight (BB), Height (TB) and Index using a survey by measuring directly to the field.

### **Discussion**

The population used was 126 people and the sample used in this study was the entire population. PGSD students 5th semester of 2017 STKIP Muhammadiyah Bangka Belitung to be able to regulate and maintain physical activity patterns, lifestyles and other things that might cause a person to experience a decrease or increase in body mass index.

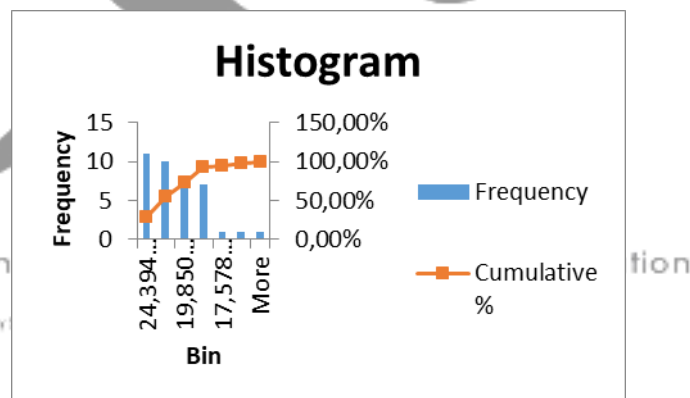
In this study there were 126 respondents, namely PGSD 5th semester students of 2017 STKIP Muhammadiyah Bangka Belitung dominantly had BMI in the normal category. From the results of the calculation of statistical tests it can be concluded that, PGSD semester 5 students of 2017 have normal body mass index.

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Table 1. Body Mass Index

No.	Assessment Aspects	Skor
	Mean	21.45606291
	StandardError	0.348122376
	Median	20.57613169
	Mode	23.55555556
	Standard Deviation	3.923139931
	Sample Variance	15.39102692
	Kurtosis	2.748409291-
	Skewness	1.379119475
	Range	23.96955474
	Minimum	14.6092938
	Maximum	38.57875854
	Sum	2724.91999
	Count	127

Figure 1. Percentage of Body Mass



## Conclusion

In this study there were 126 respondents, namely PGSD 5th semester students of 2017 STKIP Muhammadiyah Bangka Belitung dominantly had BMI in the normal category. From the results of the calculation of statistical tests it can be concluded that, PGSD semester 5 students of 2017 have normal body mass index.

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