

NORMA UJIAN UKUR LILIT WAIST-to-HIP RATIO (WHR) PELAJAR ELEKTIF PENDIDIKAN JASMANI

The Norm Waist-To-Hip Ratio (WHR) Test of Students taking Physical Education as Elective Subject

Junaidy Mohamad Hashim (PhD)
Institut Pendidikan Guru Kampus Sultan Abdul Halim
junaidy@ipsah.edu.my

Saidil Mazlan Abdul Razak
Universiti Pendidikan Sultan Idris

ABSTRAK

Kajian ini dijalankan untuk mengetahui dan melaporkan nisbah kandungan lemak intra-abdominal bahagian Waist dan Hip serta pembentukan norma ujian ukur lilit waist dan hip pelajar elektif subjek Pendidikan Jasmani di Institut Pendidikan Guru Kampus Sultan Abdul Halim. Ujian yang digunakan ialah Ujian Waist-to-Hip Ratio (WHR). Seramai 120 orang sampel telah diuji iaitu 60 lelaki dan 60 perempuan kategori umur 19 hingga 22 tahun. Data dianalisis dengan menggunakan SPSS dalam bentuk min, peratus dan sisihan piawai. Dapatan kajian menunjukkan nisbah lemak intra-abdominal bahagian waist (pinggang) dan hip (pinggul) pelajar lelaki berumur 21-22 tahun lebih tinggi (min=0.90) berbanding pelajar lelaki berumur 19-20 (min=0.87). Manakala bagi pelajar perempuan pula, nisbah lemak intra-abdominal bahagian waist (pinggang) dan hip (pinggul) pelajar perempuan berumur 21-22 tahun lebih tinggi (min=0.78) berbanding pelajar perempuan berumur 19-20 (min=0.77). Pembentukan norma telah dijalankan secara teliti berdasarkan formula penggredan. Kajian ini juga telah berjaya melapor dan membentuk norma bagi ujian Waist-to-Hip Ratio (WHR) guru pelatih tersebut. Dapatan ini boleh dijadikan panduan dan rujukan untuk guru sekolah, jurulatih dan pensyarah dalam menguji kaedah ukur lilit menggunakan ujian ini.

Kata kunci: Norma, Ukur lilit, Ujian Waist-to-Hip Ratio (WHR)

ABSTRACT

This study was conducted to determine and report the ratio of intra-abdominal fat content of the Waist and Hip, waist circumference test norm formation and hip student from the Physical Education elective subject in IPGKSAH using the Waist-to-Hip Ratio (WHR) test. A total of 120 samples were tested, 60 males and 60 females, age 19 to 22 years. Data were analyzed using the SPSS in the form of mean, percentage and standard deviation. The findings showed that intra-abdominal fat ratio of the waist and hip among male students aged 21-22 years was higher (mean = 0.90) than male students aged 19-20 (mean = 0.87). As for the female category, the ratio of intra-abdominal fat waist part and hip among female students aged 21-22 years was higher (mean = 0.78) compared to female students aged 19-20 (mean = 0.77). The formation norm has been carried out thoroughly by the grading formula. This study has successfully reported and established the test norms for Waist-to-Hip Ratio (WHR) for the teacher trainees. These findings can serve as a guide and reference for teachers, trainers and lecturers in using the diameter test method.

Keywords: Norm, circumference, Waist-to-Hip ratio (WHR) test