

**THE RELATIONSHIP BETWEEN SMOKING HABITS AND PHYSICAL
ACTIVITY ON CARDIORESPIRATORY FITNESS IN UNIVERSITY
STUDENTS IN SURAKARTA**

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ABSTRACT

Background: Students are adults who generally range the age of 18-25 years who have responsibility for their development period and for their lives. Cardiorespiratory fitness is an indicator to measure a person's health status because the heart and lungs are important organs that determine life. Several factors, including physical activity and smoking habits can affect a person's cardiorespiratory fitness. **Objective:** Knowing the relationship between smoking habits and physical activity on cardiorespiratory fitness in students in the city of Surakarta. **Methods:** Analytical observation by sampling using cluster random sampling with a sample of 100 subjects. The research instrument used the Brikman index questionnaire, IPAQ and Harvard step test.. **Results:** The chi square test value shows that the significance value of 0.000 ($p < 0.05$) and the results of multiple linear regression tests on smoking coefficient 0.113 are negative and physical activity coefficient of 0.001 are positive. **Conclusion :** There is a significant relationship between smoking habits and physical activity on cardiorespiratory fitness in students in the city of Surakarta.

Keywords: students, smooking habits, physical activity and cardiorespiratory fitness