

**FACULTY OF MEDICINE AND HEALTH SCIENCES  
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**“ANALYSIS OF DIFFERENCES IN THE BODY MASS INDEX OF  
STUDENTS IN THE MA'HAD AL-BIRR DORMITORY  
MUHAMMADIYAH MAKASSAR UNIVERSITY  
BEFORE AND AFTER IMPLEMENTING THE HABIT OF SUNNAH  
FASTING”**

**ABSTRACT**

**BACKGROUND:** One of the pillars of Islam is fasting. Fasting provides many benefits as well as obtaining enormous rewards and forgiveness from Allah Subhanahu Wa Ta'ala. Rasulullah Sallallahu 'Alailhil Wasallam strongly recommended fasting on Tuesday and Kamils because of the health and benefits for those who practice it.

**OBJECTIVE:** To see the changes in Body Mass Index of the Ma'had Al-Bilar Dormitory Students before and after fasting for one month.

**METHODS:** The research method used was *quasi-experimental*. The sampling technique used was *purposive sampling*. Data was taken from primary data by measuring the *BMI* of the students and then analyzed using the One Way ANOVA Test and the Paired T Test.

**RESULTS:** The total number of samples in this study was 20 samples, in which the average Body Mass Index of the samples experienced changes after routinely fasting on Mondays and Thursdays for 4 weeks. The effect of Monday and Thursday sunnah fasting on body mass index is  $P = 0.000$  ( $P < 0.05$ ).

**CONCLUSION:** From the test results, it was found that there was a significant difference in the body mass index of students after carrying out the sunnah fasting habit.

**Keywords:** *Body Mass Index, Sunnah Fasting, Islamic boarding school students, Ma'had Al-Birr Dormitory, Muhammadiyah University of Makassar*

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN  
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**“ANALISIS PERBEDAAN INDEKS MASSA TUBUH SANTRI DI  
ASRAMA MA’HAD AL-BIRR UNIVERSITAS MUHAMMADIYAH  
MAKASSAR SEBELUM DAN SETELAH MELAKUKAN KEBIASAAN  
PUASA SUNNAH”**

**ABSTRAK**

**LATAR BELAKANG:** Salah satu dari lima rukun Islam adalah puasa, Puasa memberikan banyak sekali manfaat serta mendapat pahala dan ampunan yang sangat besar dari Allah Subhanahu Wa Ta'ala. Rasulullah Shallallahu 'Alaihi Wasallam sangat menganjurkan puasa pada hari Senin dan Kamis karena kelebihan dan manfaat bagi orang yang mengamalkannya.

**TUJUAN:** Untuk melihat perubahan Indeks Massa Tubuh Santri Asrama Ma'had Al-Birr sebelum dan sesudah berpuasa senin kamis selama satu bulan.

**METODE:** Metode penelitian yang digunakan yaitu *quasi experiment*. Teknik pengambilan sampel yang digunakan ialah *Purposive sampling*. Data diambil dari data primer dengan mengukur *IMT* santri kemudian dianalisa dengan *Uji One Way ANOVA* dan *Uji T tes Berpasangan*.

**HASIL:** Jumlah sampel total dalam penelitian ini adalah 20 sampel yang mana rata-rata Indeks Massa Tubuh sampel mengalami perubahan setelah rutin berpuasa sunnah senin kamis selama 4 minggu. Pengaruh puasa sunnah senin kamis terhadap Indeks Massa Tubuh adalah  $P = 0,000 (P < 0,05)$ .

**KESIMPULAN:** Dari hasil pengujian didapatkan adanya perbedaan yang signifikan pada Indeks Massa Tubuh santri setelah melakukan kebiasaan puasa sunnah.

**Kata Kunci:** *Indeks Massa Tubuh, Puasa Sunnah, santri, Asrama Ma'had Al-Birr, Universitas Muhammadiyah Makassar*