

## **BAB IV**

## **BAB V**

## **PENUTUP**

### **5.1. KESIMPULAN**

penelitian ini adalah untuk mengestimasi jumlah energi atau tenaga manusia yang diperlukan dalam setiap tahapan budidaya tanaman tomat hingga fase vegetatif Penelitian ini menunjukkan bahwa denyut nadi memiliki hubungan yang signifikan dengan aktivitas fisik, semakin tinggi aktivitas semakin tinggi pula denyut nadi. Tahap perawatan tanaman merupakan fase yang paling banyak menyerap energi, dengan total pengeluaran energi mencapai (360,49 kcal) diikuti oleh tahap persiapan lahan (229,35 kcal), pemasangan irigasi (148,52 kcal), pengairan (147,00 kcal) dan penanaman (46,04 kcal) peningkatan denyut nadi selama aktivitas menunjukkan hubungan yang kuat antara intensitas kerja fisik dan pengeluaran energi, dimana aktivitas dengan intensitas tinggi seperti pemasangan ajir dan pembersihan gulma memerlukan tenaga dan ketahanan fisik yang lebih besar.

### **5.2. Saran**

Hasil penelitian ini dapat digunakan sebagai acuan untuk mengembangkan program latihan fisik yang efektif dan aman terutama bagi individu yang ingin melanjutkan performa fisik dan juga meningkatkan kesadaran tentang pentingnya memantau denyut nadi dan juga tingkatkan program latihan yang aman dan efektif dan membantu mencegah cedera dan meningkatkan kesehatan dan performa fisik.

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## LAMPIRAN 1.

Tnggl	Tahap	Nama Petani	Jenis Kelamin	Umur (tahun)	Berat Badan(kg)	Angkat Jongkok(mn)	Angkat Bungkok(mn)	Lama Kerja(mnt)	DNi (dpm)	DNk (dpm)	Jumlah Energi(kcal)
04/11/2024	persiapan Lahan	Ima	L	23	53	12	33	45	89	102	22,589
		Arman	L	23	58	12	33	45	91	113	29,609
05/11/2024	Persiapan Lahan	Ima	L	23	53	16	38	54	86	117	40,697
		Arman	L	23	58	16	38	54	94	123	42,317
07/11/2024	Persiapan Lahan	Ima	L	23	53	43	15	58	75	106	43,705
		Arman	L	23	58	43	15	58	82	121	51,941
<b>Total E Ima</b>											<b>106,991</b>
<b>Total E Arman</b>											<b>230,858</b>

Tnggl	Tahap	Nama Petani	Jenis Kelamin	Umur(thn)	Berat Badan(kg)	Angkat Jongkok(mn)	Angkat Bungkok(mn)	Lama Kerja(mnt)	DNi(dpm)	DNk(dpm)	Jumlah Energi(kcal)
09/11/2024	Pasang Irigasi	Ima	L	23	53	31 mnt	15	46	75	105	34,037
		Arman	L	23	58	31 mnt	15	46	76	114	36,705
11/11/2024	Pasang Irigasi	Ima	L	23	53	40 mnt	18	58	77	101	38,833
		Arman	L	23	58	40 mnt	18	58	78	105	38,949
<b>Total E Ima</b>											<b>72,87</b>
<b>Total E Arman</b>											<b>75,54</b>

Tnggl	Tahap	Nama Petani	Jenis Kelamin	Umur (tahun)	Berat Badan(kg)	Angkat Jongkok(mn)	Angkat Bungkok(mn)	Lama Kerja(mnt)	DNi (dpm)	DNk (dpm)	Jumlah Energi(kcal)
15/11/2024	Penanaman	Ima	L	23	53	15	43	58	74	105	43,705
		Arman	L	23	58	15	43	58	81	111	44,633
<b>Total E Ima</b>											<b>43,705</b>
<b>Total E Arman</b>											<b>44,705</b>

## LAMPIRAN 2.

Tnggl	Tahap	Nama	Jenis	Umur (tahun)	Berat	Angkat	Angkat	Lama	Dni (dpm)	DNk (dpm)	Jumlah Energi(kcal)
		Petani	Kelamin		Badan(kg)	Jongkok(m)	Bungkuk(m)	Kerja(mnt)			
16/11/2024	Pengairan	Ima	L	23	53		24	24	71	83	11,753
		Arman	L	23	58		24	24	75	89	13,145
19/11/2024	Pengairan	Ima	L	23	53		25	25	69	80	11,889
		Arman	L	23	58		25	25	74	86	12,989
24/11/2024	Pengairan	Ima	L	23	53		24	24	72	82	11,081
		Arman	L	23	58		24	24	77	89	12,473
29/11/2024	Pengairan	Ima	L	23	53		25	25	64	80	11,889
		Arman	L	23	58		25	25	74	86	12,989
04/12/2024	Pengairan	Ima	L	23	53		24	24	71	83	12,071
		Arman	L	23	58		24	24	76	89	9,449
07/12/2024	Pengairan	Ima	L	23	53		24	24	71	83	11,753
		Arman	L	23	58		24	24	74	86	12,473
<b>Total E Ima</b>											<b>70,346</b>
<b>Total E Arman</b>											<b>73,517</b>

Tnggl	Tahap Perawatan tanaman	Nama	Jenis	Umur	Berat	Angkat	Angkat	Lama	Dni	DNk	Jumlah energi( kcal)
		Petani	Kelamin		Badan	Jongkok	Bungkuk	Kerja			
10/12/2024	Pemupukan	Ima	L	23 thn	53 kg			47 mnt	71 dpm	83 dpm	22,931
		Arman	L	23 thn	58 kg			47 mnt	77 dpm	89 dpm	23,835
18/12/2024	Semprot Perangsang	Ima	L	23 thn	53 kg			31 mnt	79 dpm	111 dpm	36,037
		Arman	L	23 thn	58 kg			31 mnt	84 dpm	118 dpm	43,769
19/12/2024	Pasang kayu	Ima	L	23 thn	53 kg		43 mnt	43 mnt	81 dpm	118 dpm	47,729
		Arman	L	23 thn	58 kg		43 mnt	43 mnt	86 dpm	128 dpm	24,341
20/11/2024	Pengikatan btng tomat	Ima	L	23 thn	53 kg	56 mnt		56 mnt	82 dpm	115 dpm	25,633
		Arman	L	23 thn	58 kg	56 mnt		56 mnt	87 dpm	119 dpm	40,337
27/12/2024	Pembersihan gulma	Ima	L	23 thn	53 kg	60 mnt		60 mnt	83 dpm	117 dpm	44,665
		Arman	L	23 thn	58 kg	60 mnt		60 mnt	87 dpm	123 dpm	51,209
<b>Total E Ima</b>											<b>174,301</b>
<b>Total E Arman</b>											<b>186,185</b>

## LAMPIRAN GAMBAR

Gambar 1 Persiapan persemaian bibit tomat servow



**Gambar 2** Pembersihan lahan untuk siap diolah



**Gambar 3** Pengolahan tanah



**Gambar 4** Proses pemasangan irigasi tetes





**Gambar 5** proses penanaman tomat



**Gambar 6** Pemupukan pertama



**Gambar 7** Pemasangan kayu pada tomat dan pengeprotan perangsang



**Gambar 8** Pengikatan batang tomat dengan kayu



**Gambar 9** masuk vegetatif /tomat mulai pasang bunga

