HUBUNGAN PERILAKU SEDENTARI DENGAN KEJADIAN OBESITAS SISWA KELAS X DI SMA KHADIJAH SURABAYA

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ABSTRAK

Perubahan gaya hidup, dari *traditional life style* menjadi *sedentary life style* meningkatkan resiko terjadinya *overweight.* Gaya hidup sedentari (kurang gerak) disertai dengan pola makan yang berlebih, yaitu asupan tinggi karbohidrat, lemak, protein dan rendah serat. Semua faktor tersebut beresiko menjadi *overweight* dan obesitas (Proverawati, 2010). Hasil survei dasar di SMA Khadijah Surabaya menunjukkan bahwa Kegiatan Belajar Mengajar (KBM) berlangsung selama 6 jam per hari dan diselenggarakan di dalam ruangan yang mengindikasikan perilaku sedentari yang merupakan faktor resiko sedentari. Tujuan dari penelitian ini adalah untuk menganalisis hubungan perilaku sedentari dengan obesitas siswa kelas X di SMA Khadijah Surabaya. Penelitian ini merupakan penelitian kuantitatif analitik menggunakan pendekatan *cross sectional*. Metode pengumpulan data dengan penimbangan berat badan, pengukuran tinggi badan, dan wawancara kuesioner peilaku sedentari. Jumlah sampel penelitian ini sebanyak 51 orang siswa kelas X SMA Khadijah Surabaya yang diambil berdasarkan *simple random sampling*. Uji statistik menggunakan uji *spearman* untuk mengetahui ada atau tidaknya hubungan perilaku sedentari dengan obesitas pada siswa kelas X SMA Khadijah Surabaya. Hasil penelitian menunjukkan siswa dengan perilaku sedentari tinggi sebesar 43,1% dan perilaku sedentari rendah sebesar 56,9%. Sedangkan siswa dengan status gizi overweight sebesar 7,8% dan status gizi obesitas sebesar 9,8%. Hasil uji *spearman* menunjukkan ada hubungan perilaku sedentari dengan kejadian obesitas siswa kelas X di SMA Khadijah Surabaya (p=0,000).

Kata Kunci : *Perilaku Sedentari, Obesitas*

CORELLATIONS OF SEDENTARY BEHAVIOR AND OBESITY OF 10th GRADE STUDENT IN KHADIJAH SURABAYA SENIOR HIGH SCHOOL

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ABSTRACK

Sedentary lifestyle (lack of movement), is accompanied by excessive eating patterns, namely high intake of carbohydrates, fat, protein and low fiber. All of these factors are at risk of becoming overweight and obese (Proverawati, 2010). The results of the basic survey at Khadijah Surabaya Senior High School showed that teaching and learning activities lasted for 6 hours a day and were held indoors which indicated sedentary behaviour which was a risk factor for a while. The purpose of this study was to analyze the relationship between sedentary behavior and obesity of 10th grade student of Khadijah Surabaya Senior High School. This research is a quantitative analytical study using a *cross sectional* approach. Methods of collecting data by weighing body weight, measuring height, and interviewing sedentary behavior questionnaires. The number of samples of this study were 51 of 10th grade student of Khadijah Surabaya Senior High School taken based on *simple random sampling*. Statistical tests using the Spearman test to determine whether or not there is a relationship between sedentary behavior and obesity of 10th grade student of Khadijah Surabaya Senior High School. The results showed that students with high sedentary behavior were 43.1% and low sedentary behavior was 56.9%. While students with overweight nutritional status were 7.8% and obesity nutritional status was 9.8%. The Spearman test results showed that there was a correlation between sedentary behavior and the incidence of obesity in of 10th grade student of Khadijah Surabaya Senior High School. (p = 0,000).

Key word : *sedentary behaviour, obesity*