

HUBUNGAN PERILAKU SEDENTARI DENGAN KEJADIAN OBESITAS PADA MAHASISWA JURUSAN GIZI POLITEKNIK KESEHATAN KEMENKES SURABAYA

Oleh:

Sri Handayani

ABSTRAK

Masa pandemi mengakibatkan adanya pembatasan aktivitas masyarakat keluar sehingga waktu berdiam diri di rumah lebih banyak. Saat ini, perilaku sedentari banyak dilakukan masyarakat. Berdasarkan studi awal diperoleh data sebanyak 10 mahasiswa melakukan perilaku sedentari dengan rata-rata durasi waktu sehari selama 15 jam 51 menit dan termasuk dalam kategori tinggi. Tujuan penelitian ini untuk mengetahui hubungan antara perilaku sedentari dengan kejadian obesitas pada Mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya. Penelitian ini menggunakan rancangan penelitian *observasional analitik* dengan pendekatan *cross sectional*. Total sampel dalam penelitian ini yaitu sebanyak 59 responden. Pengumpulan data menggunakan *Adolescent Sedentary Activity Questionnaire* (ASAQ) untuk mengetahui rata-rata durasi perilaku sedentari dalam sehari yang diukur selama 7 hari. Berdasarkan hasil penelitian didapatkan jumlah mahasiswa dengan perilaku sedentari tinggi sebanyak 52 orang (88,1%). Analisis data menggunakan uji spearman yang bertujuan menguji atau membandingkan dua variabel. Hasil uji korelasi spearman menunjukkan adanya hubungan perilaku sedentari dengan kejadian obesitas. Saran yang dapat diberikan yaitu pentingnya meningkatkan aktivitas fisik dengan merubah pola hidup menjadi aktif bergerak untuk meminimalisir perilaku sedentari.

Kata Kunci: Pandemi, Sedentari, Obesitas, Aktivitas Fisik

RELATIONSHIP SEDENTARY BEHAVIOR WITH OBESITY IN STUDENTS NUTRITION DEPARTMENT HEALTH POLYTECHNIC OF SURABAYA

By:

Sri Handayani

ABSTRACT

The pandemic period resulted in restrictions on community activities outside so that more time to stay at home. Currently, people do sedentary behavior. Based on the initial study, it was obtained that 10 college students did sedentary behavior with an average time of day for 15 hours 51 minutes and were included in the high category. The purpose of this study was to determine the relationship between sedentary behavior and the incidence of obesity in the Student of the Department of Nutrition Poltekkes Kemenkes Surabaya. This study used analytic observational study design with a cross sectional approach. The total sample in this study were 59 respondent. Data collection used the Adolescent Sedentary Activity Questionnaire (ASAQ) to determine the average duration of a sedentary in a day which was measured for 7 days. Based on the research results, it was found that the number of students with sedentary high behavior was 52 people (88.1%). Data analysis uses the Spearman test which aims to test or compare two variables. The results of the Spearman correlation test showed that there was a relationship between sedentary behavior and the incidence of obesity. Suggestions that can be given are the importance of increasing physical activity by changing the lifestyle to be active in moving to minimize sedentary behavior.

Keyword: Pandemic, Sedentary, Obesity, Physical Activity