

## Abstrak

# UPAYA PENURUNAN SKOR IMT PADA ANAK OBESITAS MELALUI PERMAINAN TRADISIONAL DI SD NEGERI 2 KALIBAGOR

Faesar Adi Prasetyo<sup>1</sup>, Kusnandar<sup>2</sup>, Fakhri Hamdani<sup>3</sup>

**Latar Belakang:** Perkembangan teknologi memicu peningkatan *sedentary behavior* pada anak-anak, yang menyebabkan penurunan aktivitas fisik dan peningkatan risiko obesitas. Survei di SD Negeri 2 Kalibagor menunjukkan sebanyak 16 siswa/i kelas 4-6 masuk kedalam kategori obesitas. Permainan tradisional seperti betengan dan gobak sodor menjadi salah satu solusi efektif, karena melibatkan aktivitas fisik seperti berlari dan melompat yang mampu meningkatkan pengeluaran energi dan membakar kalori. Pendekatan permainan betengan dan gobak sodor diharapkan dapat menurunkan skor IMT/U pada siswa/i obesitas

**Metodologi:** Penelitian ini merupakan studi kuantitatif *pre-eksperimental* dengan metode *One-Group Pretest-Posttest*. Sampel penelitian sebanyak 16 orang yang diambil dengan teknik *purposive sampling* berdasarkan perhitungan IMT/U dengan kategori obesitas. Penelitian dilaksanakan pada 06 September 2024 di SDN 2 Kalibagor. Analisis data dilakukan dengan uji parametrik meliputi Uji Normalitas, Homogenitas, dan Hipotesis.

**Hasil Penelitian:** Uji *paired t-test* menunjukkan bahwa permainan tradisional betengan dan gobak sodor memiliki pengaruh terhadap penurunan skor IMT/U pada siswa/i obesitas, dengan nilai signifikansi 0,000. Rata-rata skor IMT/U siswa/i obesitas kelas 4-6 di SDN 2 Kalibagor juga menurun sebesar 0,078 setelah diberikan perlakuan melalui permainan tersebut.

**Kesimpulan:** Permainan tradisional seperti betengan dan gobak sodor terbukti memberikan pengaruh terhadap penurunan skor IMT/U pada siswa obesitas kelas 4-6 SDN 2 Kalibagor. Hal ini mendukung permainan tradisional sebagai metode aktivitas fisik yang bermanfaat bagi anak obesitas dalam penurunan skor IMT/U.

**Kata Kunci:** *Sedentary Behavior*, Obesitas, Skor IMT/U, Permainan Tradisional, Betengan, Gobak Sodor.

## Abstract

### EFFORTS TO REDUCE IMT SCORES IN OBESE CHILDREN THROUGH TRADITIONAL GAMES IN PUBLIC ELEMENTARY SCHOOL 2 KALIBAGOR

*Faosal Adi Prasetyo<sup>1</sup>, Kusnandar<sup>2</sup>, Fakh Hamdani<sup>3</sup>*

**Background:** Technological development triggers an increase in sedentary behavior in children, which leads to decreased physical activity and increased risk of obesity. A survey at SD Negeri 2 Kalibagor showed that 16 students in grades 4-6 were categorized as obese. Traditional games such as *betengan* and *gobak sodor* are one of the effective solutions, because they involve physical activities such as running and jumping that can increase energy expenditure and burn calories. The *betengan* and *gobak sodor* game approach is expected to reduce IMT/U scores in obese students.

**Methodology:** This research is a pre-experimental quantitative study with the One-Group Pretest-Posttest method. The study sample was 16 people who were taken by purposive sampling technique based on the calculation of IMT/U with the obesity category. The research was conducted on September 06, 2024 at SDN 2 Kalibagor. Data analysis was carried out with parametric tests including Normality, Homogeneity, and Hypothesis Tests.

**Results:** The paired t-test shows that traditional games *betengan* and *gobak sodor* have an influence on reducing IMT/U scores in obese students, with a significance value of 0.000. The average IMT/U score of obese students in grades 4-6 at SDN 2 Kalibagor also decreased by 0.078 after being given treatment through the game.

**Conclusion:** Traditional games such as *betengan* and *gobak sodor* have been proven to influence the reduction of IMT/U scores in obese students of grades 4-6 at SDN 2 Kalibagor. This supports traditional games as a beneficial method of physical activity for obese children in reducing IMT/U scores.

**Keywords:** Sedentary Behavior, Obesity, IMT/U Score, Traditional Games, *Betengan*, *Gobak Sodor*.