

ABSTRAK

GAMBARAN PERILAKU SEDENTARI DAN AKTIVITAS FISIK MAHASISWA UNSOED SELAMA MASA PANDEMI COVID-19

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Latar belakang: Sistem pendidikan di Indonesia dialihkan menjadi *online* selama pandemi Covid-19. Mahasiswa akan lebih sering melakukan perilaku sedentari terutama untuk kuliah *online* serta dapat berpotensi menurunnya tingkat aktivitas fisik. Penelitian ini bertujuan untuk mengetahui gambaran perilaku sedentari dan aktivitas fisik pada mahasiswa Unsoed selama masa pandemi Covid-19.

Metodologi: Penelitian ini merupakan penelitian deskriptif menggunakan pendekatan *cross sectional*. Pengambilan data dilakukan secara *online* melalui google form. Populasi pada penelitian ini adalah mahasiswa aktif S1 dan D3 Universitas Jenderal Soedirman angkatan 2017 hingga 2020. Pengambilan sampel menggunakan teknik *stratified random sampling* dengan jumlah sampel sebanyak 376 mahasiswa.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa 73,7% mahasiswa Unsoed selama pandemi memiliki tingkat perilaku sedentari yang sangat tinggi dan aktivitas fisik tinggi (50,8%). Terdapat hubungan yang signifikan antara perilaku sedentari dengan jenis kelamin ($p=0,04$), serta tidak terdapat hubungan yang signifikan antara perilaku sedentari dengan periode angkatan dan zona risiko Covid-19 ($p=0,569$, $p=0,38$).

Kesimpulan: Perilaku sedentari dan aktivitas fisik mahasiswa selama masa pandemi berada pada kategori sangat tinggi dan aktivitas fisik tinggi.

Kata kunci: perilaku sedentari, Covid-19, aktivitas fisik, mahasiswa, pandemi

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ABSTRACT

DESCRIPTION OF SEDENTARY BEHAVIOUR AND PHYSICAL ACTIVITY OF UNSOED STUDENTS DURING PANDEMIC COVID-19

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Background: The education system in Indonesia was switched to online during the Covid-19 pandemic. Students will often perform sedentary behaviour, especially for studying online and there can be a potential for decreased levels of physical activity. This study aims to describe the sedentary behaviour and physical activity of Unsoed students during the Covid-19 pandemic.

Method: This study is a descriptive study using a cross-sectional approach. Data was collected online via a google form. The population in this study were active undergraduate and D3 students of Jenderal Soedirman University year of study of 2017 to 2020. The sample was taken using a stratified random sampling technique with a total sample of 376 students.

Results: The results showed that 73.7% of Unsoed students during the pandemic had a very high sedentary level of behaviour and high physical activity (50.8%). There was a significant relationship between sedentary behaviour and gender ($p = 0.04$), also there was no significant relationship between year of study and the Covid-19 risk zone ($p = 0.569$, $p = 0,38$).

Conclusion: The sedentary behaviour and physical activity of students during the pandemic are in very high category and high physical activity.

Keywords: sedentary behaviour, Covid-19, physical activity, students, pandemic.

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