

Hubungan durasi waktu penggunaan teknologi informasi dan komunikasi (TIK) dengan kelebihan berat badan pada siswa SMAIT Nurul Fikri Depok tahun 2015 = The relationship between the time duration of the use information and communication technology (ICT) with overweight students SMAIT Nurul Fikri Depok 2015 / Nourmayansa Vidya Anggraini

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Abstrak

[<b>ABSTRAK</b><br>

Pola kehidupan modern didorong oleh perkembangan teknologi informasi dan komunikasi (TIK). Penelitian ini dilakukan untuk mengetahui hubungan durasi waktu penggunaan TIK dengan kelebihan berat badan di SMAIT Nurul Fikri Depok. Penelitian ini menggunakan metode cross sectional dengan jumlah sampel 217 responden. Hasil penelitian menunjukkan terdapat hubungan antara durasi waktu penggunaan akses sosial media, typing dan chatting terhadap kelebihan berat badan remaja dengan p value <0.05. Tidak ada variabel durasi waktu penggunaan TIK yang paling berpengaruh terhadap kelebihan berat badan. Hal ini berarti terdapat factor lain yang berpengaruh terhadap kelebihan berat badan. Penelitian ini dapat merekomendasikan terhadap pihak dinas pendidikan dan sekolah untuk mengaktifkan kembali peran UKS di SMA, dinas kesehatan untuk lebih mengoptimalkan program perkesmas supaya pelayanan kesehatan kepada masyarakat, khususnya remaja dapat lebih bermutu dan berkualitas, serta perawat dapat menggunakan TIK sebagai media promosi kesehatan tentang kelebihan berat badan.

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<b>ABSTRACT</b><br>

The pattern of modern life driven by the development of information and communication technology (ICT). This study was conducted to determine the relationship of the duration of time the use of ICT with overweight in SMAIT Nurul Fikri Depok. The cross sectional method was use in this study with a sample of 217 respondents. The results showed an association between duration of use of social media access, typing and chatting to overweight adolescents with p value <0.05. No variable duration of the use of ICT the most influence on overweight . This means that there are other factors that influence overweight. Recommended to the education department and schools to reactivate the role of UKS in high school as well as health authorities to further optimize perkesmas program so that health care services to the public, especially teenagers can be more qualified and qualified, and also nurses can use ICT for health promotion about overweight;The pattern of modern life driven by the development of information and communication technology (ICT). This study was conducted to determine the relationship of the duration of time the use of ICT with overweight in SMAIT Nurul Fikri Depok. The cross sectional method was use in this study with a sample of 217 respondents. The results showed an association between duration of use of social media access, typing and chatting to overweight adolescents with p value <0.05. No variable duration of the use of ICT the most influence on overweight . This means that there are other factors that influence overweight. Recommended to the education department and schools to reactivate the role of UKS in high school as well as health authorities to further optimize perkesmas program so that health care services to the public,

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