

## Gambaran aktivitas fisik perempuan hamil di perkotaan = Physical activity profile of pregnant women in urban area

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### Abstrak

[Latar belakang Aktivitas fisik adalah komponen penting dalam gaya hidup sehat begitu juga dengan jumlah waktu sedentary Akan tetapi sampai saat ini belum ada data tingkat aktivitas fisik maupun jumlah waktu sedentary pada populasi perempuan hamil Tujuan Mengetahui tingkat aktivitas fisik dan jumlah waktu kegiatan sedentary perempuan hamil Metode Jumlah total subyek sebanyak 106 perempuan hamil Dilakukan pengumpulan data karakteristik demografik dan penghitungan tingkat aktivitas fisik serta jumlah waktu sedentary Penghitungan tingkat aktivitas fisik dan jumlah waktu sedentary dilakukan dengan menggunakan metode pencatatan Bouchard Hasil Pada perempuan hamil di perkotaan dengan kehamilan tunggal jumlah pengeluaran energi subyek rata rata adalah 41 88 4 45 kcal kgBB hari Sebanyak 66 04 perempuan hamil berada di tingkat aktivitas fisik sedang sementara 33 96 berada di tingkat aktivitas berat Rata rata jumlah waktu yang dihabiskan perempuan hamil untuk melakukan perilaku sedentary adalah 8 51 jam per hari Kesimpulan Tingkat aktivitas fisik perempuan hamil di perkotaan telah memenuhi rekomendasi akan tetapi waktu kegiatan sedentary masih cukup panjang Kata kunci Perempuan hamil tingkat aktivitas fisik perkotaan jumlah waktu sedentary.

.....Background Physical activity and the amount of time spent in sedentary activities are key components to a healthy lifestyle Unfortunately to this day there is no evidence or data regarding the level of physical activity in pregnant women There is also no data regarding the sedentary time spent by pregnant women Objective To identify the level of physical activity in pregnant women as well as time spent in sedentary activities Methods Total respondents were 106 pregnant women Data collection regarding the level of physical activity and sedentary time was done through Bouchard Three Day Physical Activity Record Results Total mean energy expenditure of pregnant women with single pregnancy in urban areas is 41 88 4 45 kcal kg day The majority 66 04 of pregnant women is under the category of moderate physical activity level Meanwhile 33 96 of pregnant women is under the high physical activity level Mean sedentary time of pregnant women in urban area is at 8 51 hours per day Conclusion The level of physical activity in pregnant women in urban area is in accordance to the existing recommendation Although the time spent by pregnant women in sedentary activities are still relatively high Keywords Pregnant women physical activity level urban area sedentary time , Background Physical activity and the amount of time spent in sedentary activities are key components to a healthy lifestyle Unfortunately to this day there is no evidence or data regarding the level of physical activity in pregnant women There is also no data regarding the sedentary time spent by pregnant women Objective To identify the level of physical activity in pregnant women as well as time spent in sedentary activities Methods Total respondents were 106 pregnant women Data collection regarding the level of physical activity and sedentary time was done through Bouchard Three Day Physical Activity Record Results Total mean energy expenditure of pregnant women with single pregnancy in urban areas is 41 88 4 45 kcal kg day The majority 66 04 of pregnant women is under the category of moderate physical activity level Meanwhile 33 96 of pregnant women is under the high physical activity level Mean

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