

Hubungan aktivitas fisik dan stres pada pekerja perkantoran di Jakarta = Correlation between physical activity and stress in office employees at Jakarta

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Abstrak

ABSTRAK

Studi ini meneliti tentang hubungan aktivitas fisik dan indeks stres pada pekerja perkantoran di Jakarta. Penelitian ini adalah penelitian potong lintang dengan data numerik. Data aktivitas fisik berupa data jumlah energi ekspenditur berasal dari pengisian International Physical Activity Questionnaire (IPAQ) dan data indeks stres berasal dari pengukuran Heart Rate Variability (HRV). Rerata jumlah energi ekspenditur subjek penelitian adalah 2865 MET-minutes/week. Rerata indeks stres subjek penelitian adalah 150. Hasil penelitian ini menunjukkan bahwa tidak ada korelasi bermakna antara jumlah energi ekspenditur dan indeks stres pekerja perkantoran dengan kekuatan korelasi yang bisa diabaikan ($p = 0,748$; $r = -0,045$). Namun, terdapat korelasi bermakna antara indeks kelelahan dan indeks stres pada perkantoran dengan kekuatan korelasi yang tinggi ($p = 0$; $r = 0,782$).

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ABSTRACT

The focus of this study is to identify the correlation between physical activity and stress index in office workers at Jakarta. This is a cross sectional study with numeric data. The physical activity data in the form of total energy expenditure data was acquired from International Physical Activity Questionnaire (IPAQ) and the stress index data was acquired from Heart Rate Variability (HRV). Subjects' total energy expenditure has a median of 2865 MET-minutes/week. Subjects stress index has a median of 150. The result of this study shows that there's no significant correlation between total energy expenditure and stress index among office workers with neglectable power of correlation ($p = 0,748$; $r = -0,045$). However, theres significant correlation between fatigue index and stress index amongf office workers with a high power of correlation ($p = 0$; $r = 0,782$).