

Hubungan perilaku sedentari dengan tingkat stres pada mahasiswa yang mengerjakan skripsi = Relationship between the sedentary behavior and the stress level in students working on the thesis

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Abstrak

Mahasiswa yang mengerjakan skripsi rentan mengalami stres serta memiliki gaya hidup sedentari. Penelitian ini bertujuan mengetahui hubungan perilaku sedentari dengan tingkat stres mahasiswa skripsi. Penelitian bersifat kuantitatif dengan desain deskriptif korelasi dan pendekatan cross sectional. Sebanyak 110 mahasiswa Universitas Indonesia yang mengerjakan skripsi dipilih dengan teknik proportional random sampling. Stres diukur menggunakan Perceived Stress Questionnaire (PSQ) dan perilaku sedentari Sedentary Behavior Questionnaire (SBQ). Sebanyak 79,1% mengalami stres berat dan 90% terlibat perilaku sedentari tinggi. Hasil analisis bivariat menunjukkan tidak ada hubungan yang signifikan antara perilaku sedentari dengan tingkat stres ($p=0,508; \alpha=0,05$). Rekomendasi penelitian selanjutnya lebih memfokuskan jenis perilaku sedentari.

..... Students who completed thesis was prone to stress and had a sedentary lifestyle. This study aimed to find the relationship between sedentary behavior with stress level of students who doing thesis. This study was quantitative descriptive correlation with crosssectional. The sample was 110 students of Universitas Indonesia who was doing thesis that chosen by proportional random sampling. Stress level measured with Perceived Stress Questionnaire (PSQ) and sedentary behavior measured with Sedentary Behavior Questionnaire (SBQ). The are 79,1% of respondents perceived severe stress and 90% involved with high sedentary behavior. This study showed no significant association between sedentary behavior with stress level ($p=0,508; \alpha=0,05$). The author suggests to more focused on each kind of sedentary behavior for further research.