

Hubungan Tingkat Pengetahuan Pencegahan Jantung Koroner dengan Aktivitas Fisik pada Mahasiswa Non Kesehatan di Masa Pandemi = The Relationship between Knowledge Levels of Coronary Heart Prevention and Physical Activity in Non-Health Students during a Pandemic

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Abstrak

Perubahan metode pembelajaran selama pandemi Covid-19 dapat berdampak pada aktivitas fisik mahasiswa. Penurunan aktivitas fisik mahasiswa terutama mahasiswa non kesehatan selama pandemi dapat beresiko meningkatkan penyakit jantung koroner yang merupakan salah satu komorbid Covid-19. Oleh karena itu, tujuan penelitian ini adalah mengidentifikasi hubungan tingkat pengetahuan pencegahan jantung koroner dan aktivitas fisik pada mahasiswa non kesehatan di masa pandemi Covid-19. Penelitian ini menggunakan desain cross-sectional dengan teknik convenience sampling. Tingkat pengetahuan pada penelitian ini diukur menggunakan Heart Disease Fact Questionnaire (HDFQ) dan aktivitas fisik dengan International Physical Activity Questionnaire-Short Form (IPAQ-SF). Sebanyak 442 mahasiswa non kesehatan terlibat dalam penelitian. Dari hasil penelitian didapatkan mayoritas mahasiswa adalah perempuan (56,3%), memiliki tingkat pengetahuan baik (38,2%) dan tingkat aktivitas fisik ringan (63,5%). Hasil analisis chi-square didapatkan nilai $p=0,000$ atau $p \text{ value} < (= 0,05)$ bahwa terdapat hubungan yang signifikan antara variabel tingkat pengetahuan dan aktivitas fisik. Penurunan aktivitas fisik mahasiswa non kesehatan ini perlu menjadi perhatian bersama agar dapat ditingkatkan sebagai upaya pencegahan penyakit jantung koroner.

.....Changing in learning methods during Covid-19 pandemic may have an impact on students physical activity. Decreasing students physical activity, especially non-health students during pandemic may increase the risk of coronary heart disease, which is one of the co-morbidities of Covid-19. Therefore, the purpose of this study was to identify the relationship between the level of knowledge of coronary heart prevention and physical activity in non-health students during the Covid-19 pandemic. This study used a cross-sectional design with convenience sampling technique. Knowledge level was measured using the Heart Disease Fact Questionnaire (HDFQ) and physical activity using the International Physical Activity Questionnaire-Short Form (IPAQ-SF). A total of 442 non-health students were involved in the study. From the results of the study, it was found that the majority of students were women (56.3%), had a good level of knowledge (38.2%) and light physical activity levels (63.5%). The results of chi-square analysis obtained $p \text{ value} = 0.000$ or $p \text{ value} < (= 0.05)$ that there is a significant relationship between the variable level of knowledge and physical activity. Decreasing physical activity of non-health students need to be concerned so that it can be increased as an effort to prevent coronary heart disease.