

## Hubungan aktivitas fisik dan indeks massa tubuh mahasiswa selama pelaksanaan pendidikan jarak jauh = The relationship between physical activity and student body mass index during the implementation of distance education

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### Abstrak

Penerapan sistem pendidikan jarak jauh sebagai upaya pencegahan pandemi Covid-19 menjadi penyebab perubahan pola aktivitas mahasiswa. Mahasiswa cenderung lebih banyak menghabiskan waktunya di depan gawai untuk menjalani rangkaian perkuliahan. Aktivitas fisik rendah dan tingginya aktivitas duduk menyebabkan perubahan pada indeks massa tubuh. Tujuan penelitian ini untuk mengetahui hubungan aktivitas fisik dengan indeks massa tubuh mahasiswa. Penelitian ini menggunakan desain cross sectional dengan sampel 234 mahasiswa. Penelitian ini menggunakan analisis bivariat uji chi square. Aktivitas fisik diukur menggunakan kuesioner IPAQ-SF (International Physical Activity Questionnaire Short Form) dan indeks massa tubuh ditentukan secara tidak langsung melalui kuesioner berat badan dan tinggi badan yang diisi secara mandiri. Hasil penelitian menunjukkan aktivitas duduk rerata mahasiswa selama menjalani pendidikan jarak jauh 7,4 jam/hari. Sebagian besar mahasiswa memiliki aktivitas fisik rendah dan aktivitas fisik sedang sebesar 47,4% dan 44,9%. Hanya 7,7% mahasiswa yang mempunyai aktivitas fisik tinggi. Mayoritas Mahasiswa UI memiliki indeks massa tubuh normal 56,8%, namun tingkat kegemukan dan obesitas mahasiswa juga tinggi, masing-masing sebesar 15,8% dan 13,7%. Didapatkan ada hubungan yang signifikan antara aktivitas fisik dengan indeks massa tubuh mahasiswa selama pelaksanaan pendidikan jarak jauh ( $p$  value  $0,024 < 0,05$ ). Dari hasil penelitian, peneliti merekomendasikan mahasiswa untuk meningkatkan aktivitas fisiknya dan memperhatikan indeks massa tubuh yang ideal selama pelaksanaan perkuliahan daring.

.....The implementation of the distance education system as an effort to prevent the Covid-19 pandemic has caused changes in student activity patterns. Students tend to spend more time in front of the device to undergo a series of lectures. Low physical activity and high sitting activity cause changes in body mass index. The purpose of this study was to determine the relationship between physical activity and student body mass index. This study used a cross sectional and data were collected from 234 university students. This study uses bivariate analysis of chi square. Physical activity was measured using the IPAQ-SF (International Physical Activity Questionnaire Short Form) and Body Mass Index was determined indirectly through a weight and height questionnaire that was filled out independently. The findings showed that the average sitting activity of students during distance learning was 7.4 hours/day. Most students have low physical activity and moderate physical activity by 47.4% and 44.9%, respectively. Only 7.7% of students have high physical activity. The majority of UI Students have a normal body mass index of 56.8%, but the overweight and obesity rates of students are also high, at 15.8% and 13.7%, respectively. It was found that there was a significant relationship between physical activity and student body mass index during the implementation of distance education ( $p$  value  $0.024 < 0.05$ ). According to the findings, researchers recommend students to increase their physical activity and pay attention to the ideal body mass index during the implementation of online lectures.