

# Hubungan Aktivitas Fisik dengan Wellbeing Mahasiswa Kedokteran pada Masa Pandemi COVID-19 = The Correlation between Physical Activity and Wellbeing of Medical Students During the COVID-19 Pandemic

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## Abstrak

Pandemi COVID-19 berdampak negatif pada tingkat wellbeing mahasiswa kedokteran. Perubahan gaya hidup dengan pembatasan aktivitas secara masif berpotensi berhubungan dengan tingkat wellbeing mahasiswa. Penelitian kohort retrospektif ini bertujuan untuk mengevaluasi hubungan aktivitas fisik dengan wellbeing pada mahasiswa kedokteran pada masa pandemi COVID-19. Penelitian menggunakan data sekunder melalui kuesioner PERMA (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment) dan logbook wellbeing. Penelitian ini dilaksanakan pada Januari hingga September 2023. Kuesioner PERMA digunakan untuk mengevaluasi wellbeing mahasiswa, sedangkan logbook wellbeing untuk mengevaluasi aktivitas fisik yang dijalani. Kuesioner PERMA dalam versi bahasa Indonesia telah divalidasi dan dipublikasi pada populasi mahasiswa kedokteran di Indonesia oleh Mustika dkk. Uji korelasi Spearman dilakukan untuk mengetahui signifikansi data dan mengevaluasi hubungan antara aktivitas fisik dengan wellbeing mahasiswa kedokteran. Penelitian ini memperlihatkan kecenderungan peningkatan risiko wellbeing yang buruk pada responden yang tidak berolahraga. Uji korelasi menunjukkan hubungan yang signifikan antara tingkat aktivitas fisik dan wellbeing, dengan korelasi positif dan tingkat korelasi yang rendah ( $r = 0.365$ ;  $p < 0.05$ ). Jika seseorang melakukan aktivitas fisik, maka wellbeing akan terjaga dan cenderung mengalami tingkat wellbeing yang baik, meskipun terdapat faktor-faktor lain yang mempengaruhi tingkat wellbeing. Oleh sebab itu, tingkat aktivitas fisik berkorelasi positif dengan tingkat wellbeing mahasiswa kedokteran, dengan tingkat korelasi rendah.

.....COVID-19 pandemic has been found to negatively affect the wellbeing of medical students. Lifestyle changes with massive physical activity restrictions have the potential to be related to the wellbeing of medical students. This retrospective cohort study aims to evaluate the correlation between physical activity and wellbeing of medical students during the pandemic. This study was performed with secondary data through the PERMA questionnaire (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment) and the wellbeing logbook. The study was conducted from January to September 2023. The PERMA questionnaire was used to evaluate students' wellbeing, while the logbook was used to evaluate physical activity. The Indonesian version of PERMA questionnaire was validated and published in a population of medical students in Indonesia by Mustika et al. Spearman's correlation test was conducted to determine the significance of the data and evaluate the relationship between physical activity and wellbeing. This study reported a tendency of increased risk of low wellbeing in respondents with no exercise. The correlation test shows a significant relationship between physical activity levels and wellbeing, with a weak positive correlation ( $r = 0.365$ ;  $p < 0.05$ ). If someone does physical activity, their wellbeing will be maintained and they tend to experience a good level of wellbeing, even though there are other factors that influence the level of wellbeing. Thus, physical activity levels were positively associated with medical students' wellbeing, with a weak correlation.