

Hubungan Perubahan Aktivitas Fisik Selama Pandemi COVID-19 dengan Perubahan Berat Badan mahasiswa FKUI = The Relationship Between Changes in Physical Activity During the COVID-19 Pandemic and Changes in Body Weight of FKUI Students

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Abstrak

Pembatasan sosial yang diberlakukan akibat pandemi COVID-19 membatasi kesempatan melakukan aktivitas fisik dan meningkatkan perilaku sedenter. Penelitian ini bertujuan untuk mengetahui hubungan perubahan aktivitas fisik terhadap berat badan mahasiswa pada masa pandemi. Penelitian ini merupakan studi potong lintang yang dilakukan pada mahasiswa Fakultas Kedokteran Universitas Indonesia angkatan 2018 hingga 2021. Pengambilan data dilakukan dengan mengisi kuesioner secara daring di bulan Maret-Agustus 2023. Intensitas aktivitas fisik diukur menggunakan kuesioner Global Physical Activity Questionnaire (GPAQ). Dilakukan perbandingan intensitas aktivitas fisik dan berat badan sebelum dan saat pandemi. Hubungan antara perubahan aktivitas fisik dan karakteristik subjek (usia, jenis kelamin, riwayat infeksi COVID-19) dengan perubahan berat badan dianalisis melalui uji chi-square dan penghitungan odds ratio. Penelitian ini melibatkan 121 subjek dengan median usia 20 tahun (Inter Quartile Range [IQR]=2) dan sebanyak 72/121 (59.5%) subjek adalah laki-laki. Sebagian besar (66/121) subjek tidak mengalami perubahan aktivitas fisik saat pandemi (54,5%). Terdapat peningkatan signifikan ($p < 0,001$) berat badan mahasiswa saat pandemi (median 60, IQR 24,5) dibandingkan sebelum pandemi (median 58, IQR 21). Ditemukan peningkatan berat badan pada 48/121 (39,7%) mahasiswa. Tidak terdapat hubungan bermakna antara perubahan aktivitas fisik, usia, dan riwayat infeksi COVID-19 dengan perubahan berat badan ($p > 0,05$). Perempuan lebih berisiko mengalami perubahan berat badan (OR= 2,9; 95% Confidence Interval= 1,39-6,36; $p = 0,004$). Terdapat peningkatan berat badan mahasiswa saat pandemi. Namun, perubahan aktivitas fisik tidak memiliki hubungan bermakna dengan perubahan berat badan. Jenis kelamin perempuan meningkatkan risiko peningkatan berat badan saat pandemi. Dibutuhkan penelitian lebih lanjut untuk menganalisis faktor lain yang berhubungan dengan kenaikan berat badan mahasiswa.

.....Social restrictions imposed due to the COVID-19 pandemic limit opportunities for physical activity and increase sedentary behavior. This study investigates the correlation between changes in physical activity and university students body weight during the pandemic. This study was a cross-sectional study conducted on students of the Faculty of Medicine, University of Indonesia from 2018 to 2021. Data were collected by filling out an online questionnaire in March-August 2023. Physical activity intensity was measured using the Global Physical Activity Questionnaire (GPAQ). Analysis compared pre-pandemic and pandemic physical activity levels and body weights. Chi-square tests explored the relationship between physical activity changes, subject characteristics (age, gender, COVID-19 history), and changes in body weight. This study involved 121 subjects with a median age of 20 years (IQR=2), and 59.5% of the subjects were male. Most subjects (54.5%) showed no change in physical activity during the pandemic. The mean body weight increased (median 60, IQR 24.5) compared to pre-pandemic (median 58, IQR 21) ($p < 0.001$), with 39.7% experiencing weight gain. There was no significant association between changes in physical activity, age, and history of COVID-19 infection with weight change ($p > 0.05$). Women were more at risk of weight

change (OR= 2.9; 95% Confidence Interval p=0.004). University students experienced weight gain during the pandemic. However, changes in physical activity did not significantly correlate with body weight changes. Female gender was notably associated with pandemic-related weight gain. Further research is needed to analyze other factors related to changes in body weight among students.