

Hubungan persepsi latihan fisik dengan jumlah langkah dan tingkat aktivitas fisik mahasiswa obesitas di Universitas Indonesia = Correlation between perceive exercise with stepscount and physical activity level among obese student in University Indonesia

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Abstrak

Latar Belakang : Mahasiswa obesitas memiliki jumlah langkah dan tingkat aktivitas fisik lebih rendah dibandingkan non obesitas. Untuk meningkatkan aktivitas fisik perlu diketahui bagaimana persepsi mahasiswa obesitas terhadap latihan fisik. Tesis ini bertujuan mengembangkan kuesioner persepsi latihan fisik dan kemudian mencari hubungannya dengan jumlah langkah dan tingkat aktivitas fisik mahasiswa obesitas Universitas Indonesia

Metode : Tahap pertama adaptasi dan validasi kuesioner HBMSE menjadi kuesioner persepsi latihan fisik, adaptasi menggunakan metode ISPOR, validasi pada mahasiswa menggunakan metode CFA. Tahap kedua studi potong lintang pada mahasiswa obesitas di Universitas Indonesia, persepsi latihan fisik diukur dengan kuesioner persepsi latihan fisik, jumlah langkah diukur dengan pedometer dan tingkat aktivitas fisik diukur dengan GPAQ.

Hasil : Kuesioner persepsi latihan fisik versi Bahasa Indonesia dengan 20 item pertanyaan memiliki validitas (CFI=0,90, TLI=0,92, dan RMSEA=0,06) dan reliabilitas yang baik (Chronbach alpha=0,865). Median jumlah langkah harian mahasiswa obesitas 4829(1812-10958) langkah. Persentase tingkat aktivitas fisik cukup 64%. Analisis bivariat persepsi kerentanan dengan jumlah langkah ($r = 0,283$, $p=0,046$).

Simpulan : Kuesioner persepsi latihan fisik memiliki validitas dan reliabilitas yang baik. Terdapat korelasi yang lemah antara persepsi kerentanan dengan jumlah langkah mahasiswa obesitas.

.....Background: Obese students have a lower stepscount and physical activity levels than non-obese students. To increase physical activity, it is necessary to know how obese students perceive physical exercise. This thesis aims to develop a physical exercise perception questionnaire and then look for its relationship with stepscount and physical activity level of obese students at the University of Indonesia. Method: The first stage was adaptation and validation of the HBMSE questionnaire into a physical exercise perception questionnaire, adaptation using the ISPOR method, validation in university student using the CFA method. In the second stage of a cross- sectional study on obese students at the University of Indonesia, perceptions of physical exercise were measured using a physical exercise perception questionnaire, stepscounts was measured with a pedometer and the level of physical activity was measured with the GP AQ..

Results: The Indonesian version of the physical exercise perception questionnaire with 20 question items has good validity (CFI=0.90, TLI=0.92, and RMSEA=0.06) and reliability (Chronbach alpha=0.865). The median number of daily steps for obese students is 4829(1812-10958) steps. The percentage of sufficient physical activity level is 64%. There is significant correlation from bivariate analysis of perceived vulnerability with stepscount ($r = 0.283$, $p=0.046$).

Conclusion: The physical exercise perception questionnaire has good validity and reliability. There is a weak correlation between perceived vulnerability and the number of steps taken by obese students.