

HUBUNGAN FREKUENSI DAN LAMA BERMAIN GAME ONLINE SERTA AKTIVITAS FISIK DAN POLA MAKAN DENGAN STATUS GIZI REMAJA SEMASA COVID-19 PADA SISWA SMP ISLAM AL-KAUTSAR TANGERANG SELATAN TAHUN 2021

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Abstrak

Penggunaan internet selama pandemi Covid-19 meningkat sebanyak 8,9% pada tahun 2020, salah satu media yang diakses adalah game online. 14% pecandu game online adalah anak usia sekolah. Bermain game online secara berlebihan dapat mempengaruhi status gizi, begitu juga dengan tingkat aktivitas remaja yang tinggi apabila tidak diimbangi dengan pola makan yang baik dapat menimbulkan permasalahan pada status gizi. Prevalensi status gizi remaja di Tangerang Selatan tahun 2018 yakni 20,1% untuk prevalensi *overweight* dan 8,76% untuk prevalensi *underweight*. Tujuan penelitian ini untuk mengetahui hubungan game online, aktivitas fisik, serta pola makan dengan status gizi remaja. Metode penelitian kuantitatif dengan desain studi *cross sectional*. Jumlah sampel 109 responden dengan teknik sampel *total sampling*. Instrumen penelitian yang digunakan timbangan dan microtoise, serta kuesioner Baecke untuk mengukur aktivitas fisik. Analisis data menggunakan uji chi-square. Hasil penelitian menunjukkan tidak adanya hubungan antara frekuensi dan lama bermain game online serta aktivitas fisik dengan status gizi remaja dan adanya hubungan antara pola makan dengan status gizi remaja. Orangtua disarankan untuk mengawasi penggunaan internet remaja serta turut memerhatikan tingkat aktivitas fisik dan pola makan remaja. Remaja disarankan untuk bermain game online secara bijak, melakukan aktivitas fisik yang disertai dengan pola makan yang baik.

Kata Kunci: Frekuensi Bermain Game Online, Lama Bermain Game Online, Aktivitas Fisik, Pola Makan, Status Gizi, Remaja, Pandemi Covid-

THE RELATIONSHIP BETWEEN FREQUENCY AND DURATION OF ONLINE GAME PLAYING, PHYSICAL ACTIVITY, AND DIET WITH THE NUTRITIONAL STATUS OF ADOLESCENTS DURING COVID-19 PANDEMIC AT AL-KAUTSAR ISLAMIC JUNIOR HIGH SCHOOL TANGERANG SELATAN IN 2021

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Abstract

Internet use during the Covid-19 pandemic increased by 8.9% in 2020, one of the media accessed was online games. 14% of online game addicts are school-age children. Playing online games excessively can affect nutritional status, as well as high levels of physical activity without being balanced with a good diet, which can cause problems in nutritional status. The nutritional prevalence status of adolescents in South Tangerang in 2018 was 20.1% for the prevalence of being overweight and 8.76% for the prevalence of being underweight. The purpose of this study was to determine the relationship between online games, physical activity, and diet with the nutritional status of adolescents. Quantitative research method with cross-sectional study design. The number of samples is 109 respondents with a total sampling technique. The research instruments used were scales, microtoise, and Baecke Questionnaire to measure physical activity. Data analysis using chi-square test. The results showed that there was no relationship between the frequency and duration of playing online games and physical activity with the nutritional status of adolescents and there was a relationship between diet and nutritional status of adolescents. Parents are advised to monitor adolescents' internet use and also pay attention to the level of physical activity and diet of adolescents. Adolescents are advised to play online games wisely, do physical activity accompanied by a good diet.

Keywords: Frequency of Playing Online Games, Duration of Playing Online Games, Physical Activity, Diet, Nutritional Status, Adolescents, Covid-19 Pandemic