

HUBUNGAN AKTIVITAS FISIK SERTA KONSUMSI SAYUR DAN BUAH DENGAN OBESITAS SELAMA PANDEMI COVID-19 PADA MAHASISWA UPN VETERAN JAKARTA TAHUN 2021

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Abstrak

Obesitas merupakan salah satu faktor komorbid yang berisiko meningkatkan penularan COVID-19. Sebanyak 12 pasien COVID-19 (15,6%) penderita obesitas sedang meninggal dalam 30 hari dan sebanyak 8 pasien COVID-19 (50,0%) penderita obesitas berat meninggal dalam 30 hari. Obesitas secara signifikan dikaitkan dengan peningkatan risiko kematian di antara pasien COVID-19 (RR=1,42;95%CI = 1,24-1,63)Mencegah risiko obesitas seperti melalui pola aktivitas dan pola makan dapat menekan kasus COVID-19 yang lebih optimal. Tujuan penelitian ini untuk menganalisis hubungan aktivitas fisik serta konsumsi sayur dan buah dengan obesitas selama pandemi COVID-19 pada Mahasiswa UPN Veteran Jakarta. Penelitian dilakukan pada bulan bulan Maret-Juli 2021. Penelitian ini merupakan penelitian kuantitatif menggunakan desain cross sectional dengan uji chi square. Sampel berjumlah 397 dilakukan secara proportionate stratified random sampling. Berdasarkan hasil penelitian menunjukkan bahwa 22,4% mahasiswa mengalami obesitas. Hasil analisis bivariat menunjukkan adanya hubungan yang signifikan antara durasi dan intensitas aktivitas fisik serta *Sedentary lifestyle* (p-value 0,000). Kemudian, tidak ada hubungan pada frekuensi dan besaran porsi konsumsi sayur dan buah (p-value 0,261 dan 0,577). Disarankan kepada mahasiswa melakukan aktivitas fisik selama minimal 30 menit/hari dan mengkonsumsi sayur dan buah sebanyak 400 gram/hari.

Kata Kunci: COVID-19, Obesitas, Mahasiswa, Aktivitas Fisik, Konsumsi Sayur Buah.

THE RELATIONSHIP OF PHYSICAL ACTIVITY AND VEGETABLE AND FRUIT CONSUMPTION WITH OBESITY DURING THE COVID-19 PANDEMIC ON THE STUDENTS OF UPN VETERANS JAKARTA IN 2021

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Abstract

Obesity is one of the comorbid factors that increase the risk of COVID-19 transmission. A total of 12 COVID-19 patients (15.6%) with moderate obesity died within 30 days and as many as 8 COVID-19 patients (50.0%) with severe obesity died within 30 days. Obesity was significantly associated with an increased risk of death among COVID-19 patients (RR=1.42;95%CI=1.24-1.63). Preventing the risk of obesity, such as through activity and diet patterns, can suppress COVID-19 cases more optimally. The purpose of this study was to analyze the relationship between physical activity and consumption of vegetables and fruit with obesity during the COVID-19 pandemic among UPN Veterans Jakarta students. The study was conducted in March-July 2021. This research is a quantitative study using a cross sectional design with a chi square test. A sample of 397 was carried out by proportionate stratified random sampling. Based on the results of the study showed that 22.4% of students were obese. The results of the bivariate analysis showed a significant relationship between the duration and intensity of physical activity and *Sedentary lifestyle* (p-value 0.000). Then, there is no relationship between the frequency and the size of the portion of vegetable and fruit consumption (p-values 0.261 and 0.577). It is recommended that students do physical activity for at least 30 minutes/day and consume 400 grams of fruit and vegetables/day.

Keywords: COVID-19, Obesity, Students, Physical Activity, Vegetable and Fruit Consumption.