

HUBUNGAN GAYA HIDUP SEDENTARI (*SEDENTARY LIFESTYLE*) DENGAN STATUS GIZI ANAK USIA SEKOLAH DI SD NEGERI JATIRASA V

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Abstrak

Teknologi yang berkembang pesat saat ini, membuat kemudahan dalam melakukan aktivitas. Mulai dari belajar, bekerja, menonton film, makan dan minum bisa dilakukan di atas kasur, hal inilah yang mengakibatkan kurangnya aktivitas gerak. Hal tersebut juga digambarkan oleh siswa kelas 5 & 6 di SD Negeri Jatirasa V yang memiliki kebiasaan sedentary, yang mengeluarkan energi begitu sedikit. Tujuan penelitian ini yaitu untuk mengetahui hubungan gaya hidup sedentary dengan status gizi anak usia sekolah di SD Negeri Jatirasa V. Penelitian ini menggunakan metode cross sectional. Sampel penelitian adalah semua siswa kelas 5 & 6 yang berjumlah 81 siswa. Data aktivitas sedentary diperoleh dengan memberikan kuesioner Aktivitas Sedentari Remaja dan data status gizi yang diperoleh dengan cara mengukur berat badan dan tinggi badan siswa. Analisis data menggunakan uji analisis koefisien gamma. Gaya hidup sedentary siswa presantese kategori tinggi sebanyak 65.4%, sedang 19.8%, dan rendah 14.8%. sedangkan status gizi siswa dengan nilai IMT rata-rata 20.69, standar deviasi 4.05, dan presentase kategori normal sebanyak 53.1%. hasil analisis menunjukkan bahwa tidak ada hubungan yang signifikan antara gaya hidup sedentary dengan status gizi usia anak sekolah di SD Negeri Jatirasa V dengan nilai signifikan 0,737 (0,05).

Kata kunci: Anak Usia Sekolah, Gaya Hidup Sedentari, Status Gizi

RELATIONSHIP BETWEEN A SEDENTARY LIFESTYLE AND THE NUTRITIONAL STATUS OF SCHOOL-AGE CHILDREN IN SD NEGERI JATIRASA V

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Abstract

Technology is developing rapidly today, making it easier to carry out activities. Starting from studying, working, watching movies, eating and drinking can be done on the bed, this is what causes a lack of movement activity. This is also illustrated by grade 5 & 6 students at SD Negeri Jatirasa V who have a sedentary habit, which expends very little energy. The purpose of this study was to determine the relationship between a sedentary lifestyle and the nutritional status of school-age children at SD Negeri Jatirasa V. This study used a cross-sectional method. The research sample was all students in grades 5 & 6, totaling 81 students. Sedentary activity data was obtained by administering the Adolescent Sedentary Activity questionnaire and nutritional status data was obtained by measuring the student's weight and height. Data analysis used the gamma coefficient analysis test. The sedentary lifestyle of high school students was in the high category as much as 65.4%, 19.8% moderate, and 14.8% low. while the nutritional status of students with an average BMI of 20.69, the standard deviation of 4.05, and the percentage of the normal category as much as 53.1%. The results of the analysis show that there is no significant relationship between a sedentary lifestyle and the nutritional status of school-age children at SD Negeri Jatirasa V with a significant value of 0.737 (0.05).

Keywords: Nutritional Status, School Age Children, Sedentary Lifestyle