

# HUBUNGAN TINGKAT AKTIVITAS FISIK TERHADAP DEPRESI PADA MAHASISWA FAKULTAS ILMU KESEHATAN UPN VETERAN JAKARTA

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## Abstrak

**Latar belakang:** Aktivitas fisik memberi banyak manfaat kesehatan fisik, misalnya, peningkatan kapasitas fungsional, penurunan risiko penyakit, perbaikan komposisi tubuh, dan penurunan berat badan. Hasil Penelitian sebelumnya juga mengungkapkan bahwa terdapat manfaat psikologis dari aktivitas fisik, termasuk peningkatan suasana hati dan penurunan depresi serta kecemasan. Selain itu, aktivitas fisik memiliki efek luas pada kualitas kehidupan. Aktivitas fisik sangat mempengaruhi kesehatan fisik dan mental manusia. **Tujuan:** Tujuan pada penelitian ini adalah untuk mengetahui hubungan tingkat aktivitas fisik terhadap depresi pada mahasiswa Fakultas Ilmu Kesehatan UPN Veteran Jakarta. **Metode:** metode penelitian yang digunakan adalah kuantitatif korelasional dengan pendekatan cross sectional. Sebanyak 328 mahasiswa Fakultas Ilmu Kesehatan UPN Veteran Jakarta berpartisipasi dalam penelitian ini, parameter yang digunakan adalah *IPAQ-SF (International Physical Activity Questionnaire Short Form)* guna menilai tingkat Aktivitas Fisik dan kuesioner *BDI II (Beck Depression Inventory II)* guna menilai tingkat depresi. **Hasil:** Berdasarkan hasil dari olahdata menggunakan SPSS 25.0 didapatkan bahwa sebanyak 207 dari 328 responden (63,1%) tidak mengalami depresi, setelah dilakukan uji korelasi diperoleh correlation coefficient Spearman's Rho aktivitas fisik dan depresi  $p = - 0,426$  dengan nilai signifikansi  $p = 0,000$ . **Kesimpulan:** Kesimpulan yang didapatkan berdasarkan penelitian ini adalah adanya hubungan tingkat aktivitas fisik terhadap depresi pada mahasiswa Fakultas Ilmu Kesehatan UPN Veteran Jakarta.

**Kata Kunci :** Aktivitas Fisik, Depresi, *IPAQ-SF*, *BDI II*

# RELATIONSHIP OF PHYSICAL ACTIVITY LEVEL TOWARDS DEPRESSION IN STUDENTS OF THE FACULTY OF HEALTH SCIENCES UPN VETERAN JAKARTA

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## Abstract

**Background:** Physical activity provides many physical health benefits, for example, increased functional capacity, reduced risk of disease, improved body composition, and weight loss. Previous research has also revealed that there are psychological benefits of physical activity, including improved mood and decreased depression and anxiety. In addition, physical activity has far-reaching effects on quality of life. Physical activity greatly affects the physical and mental health of humans. **Objective:** The purpose of this study was to determine the relationship between levels of physical activity and depression in students of the Faculty of Health Sciences UPN Veteran Jakarta. **Methods:** the research method used is correlational quantitative with a cross sectional approach. A total of 328 students of the Faculty of Health Sciences UPN Veteran Jakarta participated in this study, the parameters used were the IPAQ-SF (International Physical Activity Questionnaire Short Form) to assess the level of Physical Activity and the BDI II questionnaire (Beck Depression Inventory II) to assess the level of depression. **Results:** Based on the results of data processing using SPSS 25.0, it was found that as many as 207 of 328 respondents (63.1%) did not experience depression, after the correlation test was carried out, the correlation coefficient of Spearman's Rho physical activity and depression was  $p = - 0.426$  with a significance value of  $p = 0.000$ . **Conclusion:** The conclusion obtained based on this study is that there is a relationship between levels of physical activity and depression in students of the Faculty of Health Sciences UPN Veteran Jakarta.

**Keywords:** Physical Activity, Depression, IPAQ-SF, BDI II