

**FAKULTAS KEDOKTERAN
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA
Skripsi, Desember 2023
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HUBUNGAN AKTIVITAS FISIK DAN KUALITAS TIDUR DENGAN
MASSA OTOT PADA MAHASISWI FAKULTAS KEDOKTERAN
UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA
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RINCIAN HALAMAN (xiv+100 halaman, 14 tabel, 2 gambar, 7 lampiran)**

ABSTRAK

Tujuan

Massa otot yang berperan penting dalam menunjang kesehatan dapat dipengaruhi oleh berbagai faktor, antara lain aktivitas fisik dan kualitas tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara aktivitas fisik dan kualitas tidur dengan massa otot pada mahasiswa Fakultas Kedokteran UPN “Veteran” Jakarta.

Metode

Penelitian menggunakan desain *cross-sectional* dengan besar sampel 60 orang yang dipilih menggunakan *stratified random sampling* sesuai kriteria, yaitu: mahasiswa berusia minimal 18 tahun, asupan protein cukup, dan tingkat stres ringan – sedang. Mahasiswa yang mengonsumsi kopi, alkohol, dan obat yang memengaruhi massa otot dan kualitas tidur, merokok, memiliki riwayat atau mengalami gangguan tidur, mengalami gangguan muskuloskeletal dan pernapasan dieksklusi dari penelitian. Massa otot diukur menggunakan *Tanita Medical Body Composition Analyzer (MC 980 Plus)*, aktivitas fisik dengan *Global Physical Activity Questionnaire*, dan kualitas tidur dengan *Pittsburgh Sleep Quality Index*.

Hasil

Hasil penelitian didapatkan tingkat aktivitas fisik subjek ringan sebanyak 25 orang (41,7%), sedang sebanyak 30 orang (50%), dan berat sebanyak 5 orang (8,3%). Sebanyak 53 orang (88,3%) dengan kualitas tidur buruk dan 7 orang (11,7%) dengan kualitas tidur baik. Massa otot rendah sebanyak 34 orang (56,7%), normal sebanyak 23 orang (38,3%), dan tinggi sebanyak 3 orang (5%). Hasil uji regresi logistik berganda menunjukkan bahwa aktivitas fisik paling berpengaruh terhadap massa otot ($p = 0,000$; $OR = 14,056$; $CI = 3,488-56,637$) dibandingkan kualitas tidur ($p = 0,104$; $OR = 7,680$; $CI = 0,657-89,726$).

Kesimpulan

Mahasiswa perlu melakukan aktivitas fisik dan memperhatikan kualitas tidur untuk menambah massa ototnya.

Daftar Pustaka : 106 (2014 – 2023)

Kata Kunci : Aktivitas Fisik, Kualitas Tidur, Mahasiswa Kedokteran, Massa Otot

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THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND SLEEP
QUALITY WITH MUSCLE MASS AMONG FEMALE MEDICAL
STUDENTS OF UPN “VETERAN” JAKARTA IN 2023
PAGE DETAILS (xiv+100 pages, 14 tables, 2 pictures, 7 appendices)

ABSTRACT

Objective

Muscle mass which plays important role in maintaining health could be affected by many aspects such as physical activity level (PAL) and sleep quality. This study aims to determine the relationship between PAL and sleep quality with muscle mass among female medical students of UPN “Veteran” Jakarta.

Method

This is a cross-sectional study on 60 subjects, selected using stratified random sampling according to the criteria, namely: female students aged at least 18 years old, adequate protein intake and mild-to-moderate stress level. As for the exclusion criteria are: consuming coffee, alcohol, and medication that could affect muscle mass and sleep quality, smoking, having history or current sleep disorder, having musculoskeletal and respiratory disorder. Muscle mass was measured using Tanita Medical Body Composition Analyzer (MC 980 Plus), PAL using Global Physical Activity Questionnaire, and sleep quality using Pittsburgh Sleep Quality Index.

Result

Results showed 25 (41,7%) subjects had low PAL, 30 (50%) subjects had moderate PAL, and 5 (8,3%) subjects had high PAL. Of all the subjects, 53 (88,3%) subjects were reported having poor sleep quality, while the other 7 (11,7%) subjects were in good sleep quality. Muscle mass results indicated low in 34 (56,7%) subjects, normal in 23 (38,3%) subjects, and high in 3 (5%) subjects. Multiple regression logistic test showed PAL had the most impact on muscle mass ($p = 0,000$; $OR = 14,056$; $CI = 3,488-56,637$) compared to sleep quality ($p = 0,104$; $OR = 7,680$; $CI = 0,657-89,726$).

Conclusion

Students need to do physical activity and pay attention to sleep quality to increase their muscle mass.

References : 106 (2014 – 2023)

Keywords : Female Medical Students, Muscle Mass, Physical Activity, Sleep Quality