

HUBUNGAN *WEARABLE ACTIVITY TRACKER*, *SCREEN TIME*, BEBAN KERJA, DAN KARAKTERISTIK INDIVIDU DENGAN *SEDENTARY LIFESTYLE* PADA PEKERJA PT X TAHUN 2025

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Abstrak

Perkembangan teknologi kerja meningkatkan risiko *sedentary lifestyle* pada pekerja. Di Indonesia, 37,4% penduduk kurang aktif secara fisik, terutama pada kelompok pekerja perkotaan. Penelitian ini bertujuan menganalisis faktor-faktor yang berhubungan dengan *sedentary lifestyle* pekerja PT X tahun 2025. Penelitian ini menggunakan desain *cross-sectional* dengan pendekatan kuantitatif analitik pada 91 pekerja melalui teknik *total sampling*. Analisis data dilakukan secara univariat, bivariat menggunakan uji Chi-Square, serta multivariat menggunakan regresi logistik ganda. Hasil analisis menunjukkan pada indikator aktivitas fisik tidak terdapat variabel yang berhubungan signifikan; namun *screen time* ($p=0,051$), usia ($p=0,064$) dan tingkat pendidikan ($p=0,057$) berperan sebagai variabel pengganggu. Pada indikator durasi duduk, jenis kelamin ($p=0,023$; POR=4,275; 95% CI: 1,220–14,978) dan penggunaan *wearable activity tracker* ($p=0,011$; POR=4,529; 95% CI: 1,404–14,615) berhubungan dengan *sedentary lifestyle*, sedangkan usia ($p=0,064$) dan tingkat pendidikan ($p=0,136$) berperan sebagai variabel pengganggu. Disimpulkan bahwa jenis kelamin dan penggunaan *wearable activity tracker* berhubungan dengan *sedentary lifestyle* berdasarkan indikator durasi duduk. Pada indikator aktivitas fisik tidak ditemukan hubungan yang signifikan, meskipun *screen time* menunjukkan kecenderungan arah hubungan, sehingga perhatian terhadap perilaku duduk dan pemanfaatan *wearable activity tracker* perlu dipertimbangkan dalam promosi aktivitas fisik di lingkungan kerja.

Kata Kunci: Pekerja, *Screen Time*, *Sedentary Lifestyle*, *Wearable Activity Tracker*

THE ASSOCIATION OF WEARABLE ACTIVITY TRACKERS, SCREEN TIME, WORKLOAD, AND INDIVIDUAL CHARACTERISTICS WITH SEDENTARY LIFESTYLE AMONG WORKERS AT PT X IN 2025

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Abstract

Advancements in workplace technology have increased the risk of sedentary lifestyle among workers, with 37.4% of the Indonesian population classified as physically inactive, particularly in urban settings. This study aimed to analyze factors associated with sedentary lifestyle among workers at PT X in 2025 using a quantitative analytical cross-sectional design involving 91 workers selected through total sampling. Data were analyzed using univariate, bivariate (Chi-Square), and multivariate logistic regression analyses. The results indicated that for the physical activity indicator, no variables were significantly associated with sedentary lifestyle; however, screen time ($p=0,051$), age ($p=0,064$) and education level ($p=0,057$) acted as confounding variables. For the sitting duration indicator, gender ($p=0.023$; $POR=4.275$) and wearable activity tracker use ($p=0.011$; $POR=4.529$) were associated with sedentary lifestyle. It was concluded that gender and wearable activity tracker use were associated with sedentary lifestyle based on sitting duration, while screen time showed a tendency toward an association for the physical activity indicator, highlighting the importance of attention to sitting behavior in workplace physical activity promotion.

Keywords: Screen Time, Sedentary Lifestyle, Wearable Activity Tracker, Workers