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## HUBUNGAN *SEDENTARY LIFESTYLE* DENGAN KEJADIAN OBESITAS PADA REMAJA DESA SAMBAN

### ABSTRAK

**Latar Belakang:** Pola hidup yang tidak aktif dan kurang aktivitas fisik juga menjadi penyebab lain tingginya angka obesitas saat ini. *Sedentary lifestyle* termasuk dalam aktivitas fisik yang ringan. penelitian ini bertujuan untuk mengetahui adakah hubungan *sedentary lifestyle* dengan kejadian obesitas pada remaja. **Metode:** Desain penelitian ini adalah deskriptif korelatif dengan pendekatan *cross sectional*. menggunakan sampel sejumlah 42 responden. Teknik pengambilan sampel pada penelitian ini yaitu *quota sampling*. Instrumen penelitian ini menggunakan kuesioner *Adolescent Sedentary Activity Questionnaire (ASAQ)*. **Hasil:** Hasil uji statistik *Chi Square* didapatkan nilai *p-value* sebesar 0,013  $<(\alpha=0,05)$  dengan nilai OR 2,000. Diperoleh hasil responden dengan *Sedentary lifestyle* pada remaja obesitas sebanyak 17 remaja (100,0%). Kejadian obesitas terjadi pada 25 responden (59,5%) tidak obesitas dan sebanyak 17 responden (40,5%) mengalami obesitas. **Simpulan :** Terdapat hubungan yang bermakna antara *sedentary lifestyle* dengan kejadian obesitas pada remaja Desa Samban. Responden yang melakukan *sedentary lifestyle* berisiko 2,000 kali mengalami obesitas. Saran bagi remaja, ilmu keperawatan dan peneliti selanjutnya penelitian ini dapat menjadi acuan dasar pengelolaan *sedentary lifestyle* remaja.

**Kata Kunci :** Obesitas, *Sedentary Lifestyle*, Remaja

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**RELATIONSHIP OF SEDENTARY LIFESTYLE WITH THE INCIDENCE OF OBESITY  
IN ADOLESCENTS IN SAMBAN VILLAGE**

**ABSTRACT**

**Background:** A sedentary lifestyle and lack of physical activity are also other causes of the current high rate of obesity. Sedentary lifestyle belongs to light physical activity. This study aims to determine whether there is a relationship between sedentary lifestyle and the incidence of obesity in adolescents. **Method:** The design of this study is descriptive correlative with a cross sectional approach. using a sample of 42 respondents. The sampling technique in this study is quota sampling. This research instrument used the Adolescent Sedentary Activity Questionnaire (ASAQ) questionnaire. **Result:** The results of the Chi Square statistical test obtained a p-value of  $0.013 < (\alpha=0.05)$  with an OR value of 2,000. The results of respondents with Sedentary lifestyle in obese adolescents were obtained as many as 17 adolescents (100.0%). The incidence of obesity occurred in 25 respondents (59.5%) were not obese and as many as 17 respondents (40.5%) were obese. **Conclusion:** There is a meaningful relationship between sedentary lifestyle and the incidence of obesity in adolescents in Samban Village. Respondents who do a sedentary lifestyle are at 2,000 times the risk of obesity. Advice for adolescents, nursing science and subsequent researchers this research can be a basic reference for adolescent sedentary lifestyle management.

*Keywords : Obesity, Sedentary Lifestyle, Adolescents*