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**Hubungan *Sedentary Behavior* Dengan Status Gizi Pasca Pandemi Covid-19
Pada Anak Usia Sekolah Dasar Di SDN 6 Nanga Bulik, Kabupaten
Lamandau**

ABSTRAK

Latar belakang: Konsekuensi jangka panjang dari krisis Covid-19 meliputi peningkatan drastis prevalensi stunting, kelebihan berat badan serta obesitas. Hal ini disebabkan oleh kurangnya aktivitas fisik dan peningkatan konsumsi makanan olahan yang mengandung kadar gula, garam, dan lemak yang tinggi secara terus-menerus. Gaya hidup tradisional yang tergantikan dengan gaya hidup yang kurang aktif atau aktivitas sedentari (*sedentary behavior*), yang berdampak pada meningkatnya risiko kelebihan berat badan anak usia sekolah.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan *sedentary behavior* dengan status gizi anak usia sekolah dasar pada SDN 6 Nanga Bulik Kabupaten Lamandau.

Metode: Desain penelitian yang digunakan dalam penelitian ini adalah jenis kuantitatif deskriptif dengan pendekatan *cross sectional*. Jumlah sampel yang digunakan sebanyak 76 responden.

Hasil: Hasil dari penelitian ini dapat diketahui bahwa hubungan antara *sedentary behavior* pasca pandemi Covid-19 dengan status gizi pada anak usia sekolah dasar di SDN 6 Nanga Bulik dapat diketahui dengan nilai signifikansi $p\text{-value } 0,001 < 0,05$ dengan koefisien korelasi positif sebesar 0,519. Dari hasil tersebut disimpulkan bahwa terdapat hubungan yang kuat antara *sedentary behavior* terhadap status gizi pada anak SDN 6 Nanga Bulik Kabupaten Lamandau.

Saran: Disarankan agar sekolah dapat menambah kegiatan senam pagi dan kegiatan fisik ringan lainnya sebelum memulai kegiatan belajar, serta memberikan edukasi baik untuk siswa maupun orang tua tentang gerakan beraktivitas sehat.

Kata kunci: *Sedentary Behavior*, Status Gizi, Anak Usia Sekolah

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**The Relationship between *Sedentary Behavior* and Post-Covid-19
Pandemic Nutritional Status in Elementary School Age Children at
SDN 6 Nanga Bulik, Lamandau Regency**

ABSTRACT

Background: The long-term consequences of the Covid-19 crisis include a drastic increase in the prevalence of stunting, overweight and obesity. This is caused by a lack of physical activity and a continuous increase in consumption of processed foods containing high levels of sugar, salt and fat. Traditional lifestyles are being replaced by less active lifestyles or *sedentary behavior*, which has an impact on increasing the risk of being overweight in school-aged children.

Objective: This study aims to determine the relationship between *sedentary behavior* and the nutritional status of elementary school age children at SDN 6 Nanga Bulik, Lamandau Regency.

Method: The research design used in this research is descriptive quantitative type with a cross sectional approach. The number of samples used was 76 respondents. **Results:** The results of this research show that the relationship between *sedentary behavior* after the Covid-19 pandemic and nutritional status in elementary school age children at SDN 6 Nanga Bulik can be seen with a significant p-value of $0.001 < 0.05$ with a positive correlation coefficient of 0.519. From these results it is concluded that there is a strong relationship between *sedentary behavior* and nutritional status in children at SDN 6 Nanga Bulik, Lamandau Regency.

Suggestion: It is recommended that schools add morning exercise and other light physical activities before starting learning activities, as well as providing education for both students and parents about healthy activities.

Keywords: *Sedentary Behavior*, Nutritional Status, School Age Children