

Universitas Ngudi Waluyo
Program Studi Kesehatan Masyarakat, Fakultas Kesehatan
Skripsi, Januari 2024
Alfi Fauzi Fadhilah
021201008

**HUBUNGAN AKTIVITAS FISIK DENGAN KEJADIAN OBESITAS PADA
MAHASISWA INDRAMAYU DI SEMARANG**

ABSTRAK

Latar Belakang Obesitas telah menjadi masalah kesehatan global yang signifikan. Riset Kesehatan Dasar (Riskesdas) 2020 mencatat bahwa prevalensi obesitas pada penduduk usia ≥ 18 tahun adalah sebesar 21,8%, yang berarti bahwa sekitar 1 dari 5 orang dewasa di Indonesia menderita obesitas. Identifikasi faktor-faktor yang berkontribusi terhadapnya banyak diketahui seperti tingkat aktivitas fisik, pola makan, dan lingkungan. Penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik dan kejadian obesitas pada mahasiswa Indramayu di Semarang.

Metode Penelitian ini berupa pendekatan kuantitatif dengan desain *Cross Sectional*. Populasi pada penelitian ini sebagian mahasiswa Indramayu di Semarang. Pengambilan sampel menggunakan Teknik quota sampling dengan jumlah sampel sebanyak 60 responden dari populasi 141 orang. Data aktivitas fisik diukur menggunakan kuesioner aktivitas fisik berupa kuesioner *Physical Activity Questionnaire for Adolescents (PAQ-A)*, sedangkan data obesitas diambil menggunakan pengukuran Indeks Massa Tubuh (IMT). Analisa bivariat menggunakan uji *fisher exact test*

Hasil Penelitian di dapatkan responden yang mengalami obesitas sebesar 31,7% (19 responden) dan responden yang tidak obesitas 68,3% (41 responden). Sedangkan aktivitas responden mayoritas kategori ringan yaitu 81,7% (49 responden). Hasil analisis bivariat di dapatkan responden yang obesitas lebih tinggi persentasinya pada responden aktivitas fisik ringan yaitu 36,7 % di banding responden aktivitas fisik sedang yaitu 9,1%. Adapun hasil uji statistiknya di dapat nilai $p = 0,148$.

Kesimpulan: Tidak ada hubungan antara aktivitas fisik dengan kejadian obesitas pada mahasiswa Indramayu di Semarang.

Kata kunci: aktivitas fisik, obesitas, mahasiswa

*Ngudi Waluyo University
Public Health Study Program, Faculty of Health
Final project, January 2024
Alfi Fauzi Fadhilah
021201008*

***THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND THE
INCIDENCE OF OBESITY IN INDRAMAYU STUDENTS IN SEMARANG***

ABSTRACT

Background Obesity has become a significant global health problem. Basic Health Research (Riskesdas) 2020 notes that the prevalence of obesity in the population aged ≥ 18 years is 21.8%, which means that around 1 in 5 adults in Indonesia suffer from obesity. Identification of factors that contribute to it is widely known such as physical activity level, diet, and environment. This study aims to evaluate the relationship between physical activity and the incidence of obesity in Indramayu students in Semarang.

Method of research is in the form of a quantitative approach with Cross Sectional design. The population in this study was partly Indramayu students in Semarang Sampling using quota sampling technique with a total sample of 60 respondents from a population of 141 people. Physical activity data was measured using a physical activity questionnaire in the form of a Physical Activity Questionnaire for Adolescents (PAQ-A) questionnaire, while obesity data was taken using Body Mass Index (BMI) measurements. Bivariate analysis using the fisher exact test.

Result of the study found respondents who were obese by 31.7% (19 respondents) and respondents who were not obese 68.3% (41 respondents). While the majority of respondents' activities in the light category were 81.7% (49 respondents). The results of bivariate analysis found that obese respondents had a higher presentation to light physical activity respondents at 36.7% compared to moderate physical activity respondents at 9.1%. The results of the statistical test can be p value = 0.148.

Conclusion: There is no relationship between physical activity and the incidence of obesity in Indramayu students in Semarang.

Keywords: physical activity, obesity, student