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HUBUNGAN SEDENTARY BEHAVIOR DENGAN KEJADIAN OBESITAS PADA REMAJA DI SMAN 1 GUNTUR

ABSTRAK

Latar Belakang : Revolusi industri 4.0 mengakibatkan kemajuan dalam teknologi. Kemajuan teknologi ini memudahkan kehidupan manusia. Akibat dari kemudahan teknologi ini menyebabkan berkurangnya aktivitas fisik. Remaja saat ini mengadopsi aktivitas fisik kurang dan gaya hidup sedentary behavior. Sedentary behavior yang terjadi berakibat terjadinya obesitas pada remaja.

Tujuan : Untuk mengetahui hubungan sedentary behavior dengan kejadian obesitas pada remaja.

Metode : Penelitian ini termasuk penelitian deskriptif korelasi yang bertujuan untuk mengungkapkan hubungan korelatif antar variabel menggunakan pendekatan cross-sectional. Jumlah responden sebanyak 278 orang menggunakan *purposive sampling*. Data yang diperoleh diolah secara statistic dengan menggunakan Uji korelasi nonparametrik, yaitu uji Rank Spearman

Hasil : Berdasarkan hasil analisa dari 278 responden didapatkan hasil gambaran sedentary behavior sebagian besar kategori sedang sebanyak 218 responden (78,4%), tinggi sebanyak 46 responden (16,5%), dan rendah sebanyak 14 responden (5,0%). Gambaran obesitas didapatkan hasil sebagian besar tidak obesitas sebanyak 222 responden (79,9%), dan obesitas sebanyak 56 responden (20,1%).

Kesimpulan : Hasil analisa uji rank spearman menunjukkan ada hubungan yang bermakna antara sedentary behavior dengan kejadian obesitas pada remaja di SMAN 1 Guntur dengan $p\text{ value} = 0,000 < (0,05)$.

Saran : Remaja diharapkan dapat melakukan aktivitas fisik rutin minimal 30 menit/hari untuk mengurangi *sedentary behavior* dan menjaga berat badan agar meminimalkan kejadian obesitas pada remaja. Diperlukan upaya dari pihak sekolah dan tenaga kesehatan dalam hal ini.

Kata kunci : Sedentary behavior, Obesitas, Remaja

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RELATIONSHIP BETWEEN SEDENTARY BEHAVIOR AND OBESITY INCIDENCE IN ADOLESCENTS AT SMAN 1 GUNTUR

ABSTRACT

Background: The industrial revolution 4.0 has resulted in advances in technology. This technological advancement makes human life easier. As a result of the ease of this technology, physical activity has decreased. Adolescents today adopt less physical activity and a sedentary behavior lifestyle. The sedentary behavior that occurs results in obesity in adolescents.

Objective: To determine the relationship between sedentary behavior and obesity in adolescents.

Method: This study is a descriptive correlation study that aims to reveal the correlative relationship between variables using a cross-sectional approach. The number of respondents was 278 people using purposive sampling. The data obtained were processed statistically using a nonparametric correlation test, namely the Spearman Rank test

Results: Based on the results of the analysis of 278 respondents, the results obtained were a description of sedentary behavior, most of which were in the medium category, as many as 218 respondents (78.4%), high as many as 46 respondents (16.5%), and low as many as 14 respondents (5.0%). The description of obesity obtained was mostly not obese as many as 222 respondents (79.9%), and obese as many as 56 respondents (20.1%).

Conclusion: The results of the Spearman rank test analysis showed a significant relationship between sedentary behavior and the incidence of obesity in adolescents at SMAN 1 Guntur with a $p \text{ value} = 0.000 < (0.05)$.

Suggestion: Adolescents are expected to be able to do routine physical activity for at least 30 minutes/day to reduce sedentary behavior and maintain body weight in order to minimize the incidence of obesity in adolescents. Efforts are needed from the school and health workers in this regard.

Keywords: Sedentary Behavior, Obesity, Adolescents