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HUBUNGAN ANTARA *SELF-EFFICACY* DENGAN PERILAKU SEDENTER PADA REMAJA DI SMA NEGERI 01 AMBARAWA

ABSTRAK

Latar Belakang: Perilaku sedenter pada remaja meningkat seiring perkembangan teknologi dan perubahan gaya hidup, serta berdampak negatif bagi kesehatan fisik dan psikologis. Salah satu faktor yang mempengaruhi adalah *self-efficacy*, yaitu keyakinan individu terhadap kemampuannya mengatur dan menjalankan perilaku tertentu.

Tujuan: Untuk menganalisis hubungan antara *self-efficacy* dengan perilaku sedenter pada remaja di SMA Negeri 01 Ambarawa.

Metode: Kuantitatif dengan desain *cross-sectional*, melibatkan sejumlah 305 responden yang ditentukan dengan teknik *purposive sampling*. Pengumpulan data dilakukan dengan menggunakan kuesioner *self-efficacy for exercise* dan kuisisioner *Adolescent Sedentary Activity Questionnaire* (ASAQ) , lalu dianalisis secara univariat dan bivariat dengan uji korelasi *Spearman*.

Hasil: Sebagian besar siswa memiliki perilaku sedenter tinggi (224 siswa; 73,4%) dan *self-efficacy* rendah (217 siswa; 71,1%). Uji *Spearman* menunjukkan $r = -0,607$ dengan $p < 0,001$, menandakan hubungan negatif yang signifikan dan kuat antara *self-efficacy* dan perilaku sedenter.

Kesimpulan: Terdapat hubungan negatif yang signifikan antara *self-efficacy* dan perilaku sedenter, semakin tinggi *self-efficacy*, semakin rendah perilaku sedenter pada remaja.

Saran: Sekolah diharapkan mengembangkan program promotif dan preventif untuk meningkatkan *self-efficacy* dan aktivitas fisik siswa.

Kata kunci: *self-efficacy*, perilaku sedenter, remaja

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**THE RELATIONSHIP BETWEEN SELF-EFFICACY AND SEDENTARY BEHAVIOR
AMONG ADOLESCENTS AT SMA NEGERI 01 AMBARAWA**

ABSTRACT

Background: *Sedentary behavior among adolescents has increased along with technological advancement and lifestyle changes and may negatively affect physical and psychological health. One factor that may influence sedentary behavior is self-efficacy, defined as an individual's belief in their ability to regulate and perform certain behaviors.*

Objective: *To analyze the relationship between self-efficacy and sedentary behavior among adolescents at SMA Negeri 01 Ambarawa.*

Methods: *A quantitative study with a correlational design involving 305 students selected using purposive sampling. Data were collected using self-efficacy for exercise and Adolescent Sedentary Activity Questionnaire (ASAQ) and analyzed using univariate and bivariate analysis with the Spearman correlation test.*

Results: *Most students had high sedentary behavior (224 students; 73.4%) and low self-efficacy (217 students; 71.1%). The Spearman test showed $r = -0.607$ with $p < 0.001$, indicating a significant, strong, and negative correlation between self-efficacy and sedentary behavior.*

Conclusion: *There is a negative significant relationship between self-efficacy and sedentary behavior; higher self-efficacy is associated with lower sedentary behavior among adolescents.*

Recommendations: *Schools are encouraged to develop promotive and preventive programs to enhance students' self-efficacy and physical activity.*

Keywords: *self-efficacy, sedentary behavior, adolescent*