

Hubungan Durasi Tidur, Kebiasaan Olahraga, Aktivitas Fisik dan Frekuensi Makan Dengan Siswa SMAN 22 Surabaya Pada Pandemi Covid-19

The Relationship of Sleep Duration, Exercise Habits, Physical Activity and Eating Frequency to Nutritional Status of SMAN 22 Surabaya During the Pandemic Covid-19

Reza Farhana Zuhar^{*1}, Trias Mahmudion²

ABSTRAK

Latar belakang: Pandemi covid-19 yang mewabah ke seluruh negeri menyebabkan perubahan pola perilaku karena adanya pembatasan sosial. Hal tersebut mengakibatkan kegiatan di luar rumah dan di ruang terbuka dibatasi bahkan ditiadakan diganti dengan kegiatan daring (dalam jaringan). Para pelajar yang biasanya mengikuti kegiatan belajar mengajar dan melakukan aktivitas olahraga serta ekstrakurikuler yang disukainya di sekolah berubah menjadi kegiatan daring di rumah. Remaja tidak dapat bersosialisasi dengan teman-temannya dan ruang gerak mereka menjadi terbatas selama pandemi Covid-19 sehingga mereka cenderung bermain sosial media dan mendapatkan banyak gangguan tidur serta mengalami depresi. Selain aktivitas yang berubah, pola makan dan durasi tidur remaja juga berubah karena perubahan rutinitas harian. Kondisi itu berpengaruh terhadap status gizi remaja.

Tujuan: Penelitian ini dilakukan untuk menganalisis hubungan antara durasi tidur, kebiasaan olahraga, aktivitas fisik dan frekuensi makan dengan status gizi pada siswa siswi SMAN 22 Surabaya

Metode: penelitian ini merupakan studi observasional analitis yang dilakukan di SMA Negeri 22 Surabaya dengan 170 responden berusia 15-17 tahun. Pengukuran yang dilakukan antara lain status gizi responden, antropometri, durasi tidur, kebiasaan olahraga, aktivitas fisik dan frekuensi makan remaja selama pandemi. Analisis statistik yang digunakan untuk menguji hipotesis penelitian ini menggunakan tes chi-square.

Hasil: Status gizi non obesitas sebanyak 94 siswa, dan status gizi obesitas sebanyak 76 siswa. Responden dengan durasi tidur pendek 53 siswa, durasi tidur cukup 105 siswa, dan durasi tidur panjang 12. Responden dengan kebiasaan olahraga rutin 45 siswa, dan kebiasaan olahraga tidak rutin 125 siswa. Responden dengan aktivitas fisik ringan 75 siswa, aktivitas fisik sedang 49 siswa, dan aktivitas fisik tinggi 45 siswa. Responden dengan frekuensi makan rendah 113 siswa, frekuensi makan sedang 37 siswa dan frekuensi makan tinggi 20 siswa.

Kesimpulan: status gizi berhubungan dengan durasi tidur, kebiasaan berolahraga, dan frekuensi makan selama pandemi.

Kata kunci: keragaman pangan, stunting, malnutrisi, Indonesia

ABSTRACT

Background: The COVID-19 pandemic that has spread throughout the country has caused changes in behavior patterns due to social restrictions. This has resulted in activities outside the home and in open spaces being limited and even abolished and replaced with online activities (in the network). Students who usually take part in teaching and learning activities and do sports and extracurricular activities that they like at school turn into online activities at home. Teenagers cannot socialize with their friends and their space becomes limited during the Covid-19 pandemic so they tend to play social media and get a lot of sleep disorders and experience depression. In addition to changing activities, adolescents' eating patterns and sleep duration also change due to changes in daily routines. This condition affects the nutritional status of adolescents.

Objectives: This study was conducted to analyze the relationship between sleep duration, exercise habits, physical activity and eating frequency with the nutritional status of the students of SMAN 22 Surabaya.

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