

RESEARCH STUDY

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

The Relationship of Sleep Duration, Excercise 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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Wagner,Carole L. Marcus,2016-07-05 Following in the steps of the bestselling Sleep Medicine Pearls this practical resource provides authoritative guidance on the evaluation and management of common pediatric sleep medicine problems using concise clinical vignettes Experts in this rapidly growing field led by Drs Lourdes M Del Rosso Richard B Berry Suzanne E Beck Mary H Wagner and Carole L Marcus provide a hands on case based approach perfect for physicians studying for the sleep boards fellows learning sleep medicine and physicians who see children in their practice Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Over 95 cases review key elements in the evaluation and management of a wide variety of pediatric sleep disorders An easy to read pearls format summarizes 2 to 5 major teaching points for maximum retention Short templated chapters are ideal for use by busy physicians Current scoring criteria from the American Academy of Sleep Medicine manual for sleep and associated events version 2.2 as well as the current International Classification of Sleep Disorders 3rd Edition ICSD 3 Expert coverage of normal sleep in children as well as sleep disorders associated with common medical neurologic psychiatric neurodevelopmental and genetic conditions

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Noninvasive Ventilation in Sleep Medicine and Pulmonary Critical Care Antonio M. Esquinas, Giuseppe Fiorentino, Giuseppe Insalaco, Bushra Mina, Jun Duan, Maria Cristina Mondardini, Fabio Caramelli, 2020-05-28 This book is an introduction to a comprehensive analysis of recent advances and clinical research in noninvasive mechanical ventilation NIV in Pulmonary Critical Care and Sleep Medicine The objective of the book is to increase the knowledge and understanding of the reader in the best clinical practice in three main sections A selected international group of experts in the field of noninvasive ventilation formed a panel to provide an update on the recent literature in the application and efficient utilization of NIV in Pulmonary Critical Care and Sleep Medicine Each particular section will discuss the application of NIV in different disease process The authors summarized the main results of the recent trials clinical and technological advances expert opinions and practical guidelines Chapters summarized by expert committee provide a deep and exhaustive critical analysis and summary of the recent advances in the field of NIV presented as key points and recommendations for the best clinical practice from articles published in the last decade The content of the book will serve as a resource and a tool to the practicing physicians toward NIV Main objective is to increase their proficiency in management of different pathophysiological aspects of the respiratory system In this line the book offers to the readers who are seeking the latest recommendations the future research directions in noninvasive mechanical ventilation Table of contents describe and analyze the items trend setters in noninvasive ventilation organized in three main sections pulmonary critical care and sleep

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Comprehensive Review in Clinical Neurology Esteban Cheng-Ching, Eric P. Baron, Suraj Rajan, Ahsan Moosa Naduvil Valappil, 2025-08-07 Perfect for effective efficient board study Comprehensive Review in Clinical Neurology A Multiple Choice Book for the Wards and Boards 3rd Edition offers clear explanations of complex concepts in an easily understandable format all while helping you digest large amounts of information quickly and easily Authored and edited by Dr Esteban Cheng Ching Dr Eric P Baron Dr Suraj Rajan and Dr Ahsan Moosa Naduvil Valappil this updated guide features more than 1 200 comprehensive multiple choice questions covering every area of neurology you need to master Content conforms to the exam blueprint and every question features extensive rationales for all answers in order to maximize the amount of information provided

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Neuromuscular Disease Management and Rehabilitation, Part I: Diagnostic and Therapy Issues, an Issue of Physical Medicine and Rehabilitation Clinics - E-Book Nanette C. Joyce,Craig M. McDonald,2012-08-28 Neuromuscular disease is a broad term that encompasses many diseases and ailments that either directly or indirectly impair the function of the body s muscle system via the nerves This issue of PMR will provide an overview of current treatments and therapies for a variety of diseases The GE's have gone through every issue published since 1998 and these 23 chapters will be meant to fill the numerous gaps in PMR's coverage of the field over the past decade The issue will include chapters on different treatment techniques such as exercises stretches and nutrition It will also provide chapters focusing on specific areas of the body specific conditions and an update on mobility technology for those with NMDs

Internet and Smartphone Use-Related Addiction Health Problems Olatz Lopez-Fernandez,2021-08-31 This Special Issue presents some of the main emerging research on technological topics of health and education approaches to Internet use related problems before and during the beginning of coronavirus disease 2019 COVID 19 The objective is to provide an overview to facilitate a comprehensive and practical approach to these new trends to promote research interventions education and prevention It contains 40 papers four reviews and thirty five empirical papers and an editorial introducing everything in a rapid review format Overall the empirical ones are of a relational type associating specific behavioral addictive problems with individual factors and a few with contextual factors generally in adult populations Many have adapted scales to measure these problems and a few cover experiments and mixed methods studies The reviews tend to be about the concepts and measures of these problems intervention options and prevention In summary it seems that these are a global culture trend impacting health and educational domains Internet use related addiction problems have emerged in almost all societies and strategies to cope with them are under development to offer solutions to these contemporary challenges especially during the pandemic situation that has highlighted the global health problems that we have and how to holistically tackle them

Maternal Child Nursing Care - E-Book Shannon E. Perry,Marilyn J. Hockenberry,Kitty Cashion,Kathryn Rhodes Alden,Ellen Olshansky,Deitra Leonard Lowdermilk,2022-03-05

Master the essentials of maternity and pediatric nursing with this comprehensive all in one text Maternal Child Nursing Care 7th Edition covers the issues and concerns of women during their childbearing years and children during their developing years It uses a family centered problem solving approach to patient care with guidelines supported by evidence based practice New to this edition is an emphasis on clinical judgment skills and a new chapter on children with integumentary dysfunction Written by a team of experts led by Shannon E Perry and Marilyn J Hockenberry this book provides the accurate information you need to succeed in the classroom the clinical setting and on the Next Generation NCLEX RN examination Focus on the family throughout the text emphasizes the influence of the entire family in health and illness Expert authors of the market leading maternity and pediatric nursing textbooks combine to ensure delivery of the most accurate up to date content Information on victims of sexual abuse as parents and human trafficking helps prepare students to handle these delicate issues Nursing Alerts highlight critical information that could lead to deteriorating or emergency situations Guidelines boxes outline nursing procedures in an easy to follow format Evidence Based Practice boxes include findings from recent clinical studies Emergency Treatment boxes describe the signs and symptoms of emergency situations and provide step by step interventions Atraumatic Care boxes teach students how to manage pain and provide competent care to pediatric patients with the least amount of physical or psychological stress Community Focus boxes emphasize community issues provide resources and guidance and illustrate nursing care in a variety of settings Patient Teaching boxes highlight important information nurses need to communicate to patients and families Cultural Considerations boxes describe beliefs and practices relating to pregnancy labor and birth parenting and women s health Family Centered Care boxes draw attention to the needs or concerns of families that students should consider to provide family centered care

Spinal Muscular Atrophy Charlotte J Sumner, Sergey Paushkin, Chien-Ping Ko, 2016-10-24 Spinal Muscular Atrophy Disease Mechanisms and Therapy provides the latest information on a condition that is characterized by motoneuron loss and muscle atrophy and is the leading genetic cause of infant mortality Since the identification of the gene responsible for SMA in 1995 there have been important advances in the basic understanding of disease mechanisms and in therapeutic development This book provides a comprehensive accounting of recent advances in basic and clinical research that covers SMA clinical features and standards of care multifaceted aspects of SMN protein functions and SMA disease pathology various animal models and biomarkers as well as current therapeutic development This title is ideal for graduate students postdocs and principal investigators who are already in the SMA field and need to keep updated on recent findings and approaches and for those who are new to or would like to join the field Likewise users will find an excellent source of reading for biotech pharma scientists clinical researchers and practitioners regulators and patients and their advocacy organizations Furthermore this book is a handy reference for researchers and clinicians who may want to apply the research strategies and therapeutic approaches in SMA to other rare diseases Provides comprehensive up to date reviews by leading investigators on diverse

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chapter 2 analysis of ac systems we started out this chapter by discussing power in dc circuits now we will take a detailed look at alternating current and we will also discuss power dissipation with respect to ac that is flowing through a purely resistive load what is

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voiceover we now begin a whole new area of circuit analysis called sinusoidal steady state analysis you can also call it ac analysis ac stands for alternating current it means it is a voltage or a current that where the signal actually changes sign it is positive sometimes it is negative sometimes

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about transcript the ratio of a sinusoidal voltage to a sinusoidal current is called impedance this is a generalization of ohm's law for resistors we derive the impedance of a resistor inductor and capacitor the inductor and capacitor impedance includes a term for frequency so the impedance of these components depends on frequency

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find the voltage source equivalent of a current source and vice versa compute voltages and currents in multi source rlc networks using superposition simplify rlc networks using th venin's and norton's theorems determine conditions for maximum power transfer and compute the maximum power

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circuit analysis is the process of finding all the currents and voltages in a network of connected components we look at the basic elements used to build circuits and find out what happens when elements are connected together into a circuit

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jun 29 2022 alternating current circuits or ac circuits are simply circuits powered by an alternating source either current or voltage an alternating voltage or current is one in which the amount of either the voltage or the current alters about a

distinct mean value and reverses direction periodically in an ac circuit the source voltage and current

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ω represents the frequency of a sine wave when we write it this way $\sin \omega t$ if $\omega = 1$ the sin completes one cycle in 2π seconds if $\omega = 2\pi$ the sin completes one cycle sooner every 1 second for $f = 1$ if $\omega = 2\pi f$ the sin completes one cycle even faster every $1/f$ seconds or equivalently sin completes f cycles in 1 second

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