

Faktor-faktor yang berhubungan dengan persentase lemak tubuh anak SMPN7 Jakarta Timur analisis faktor aktivitas fisik dan transportasi = Factors associated with body fat percentage among children of SMPN7 east jakarta analysis factors of physical activity and transportation

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Abstrak

Tingkat aktivitas fisik di kalangan anak remaja semakin menurun. Gaya hidup sedenter, penggunaan gadget dan pola makanan cepat saji menyebabkan anak remaja berisiko menjadi overweight dan obes. Faktor-faktor tersebut mempunyai hubungan dengan peningkatan persentase lemak tubuh. Perlu upaya preventif untuk meningkatkan aktivitas fisik anak, salah satunya dengan melakukan transportasi aktif ke sekolah. Anak kelas 7 dan kelas 8 SMPN7 diminta mengisi lembar pertanyaan data pribadi dan penghasilan orang tua, lembar pertanyaan transportasi, Physical Activity Questionnaire for older Children PAQ-C, 24-hour food recall dan Tanner Stage. Pemeriksaan tinggi badan, berat badan serta persentase lemak tubuh menggunakan BIA. Hasil penelitian menunjukkan tidak ada hubungan antara persentase lemak tubuh dengan transportasi. Indeks massa tubuh IMT yang meningkat akan memberikan nilai persentase lemak tubuh yang turut meningkat. Skor PAQ-C yang meningkat akan memberikan nilai persentase lemak tubuh yang menurun.

<hr>Level of physical activity among adolescents has declined. Sedentary lifestyle, use of gadgets and fast food causing teenagers at risk of becoming overweight and obese. These factors associated with an increase in body fat percentage. One of preventive efforts in increasing physical activity is with active transportation to school. Seventh and 8th graders of SMPN7 who met the inclusion criterias were asked to fill out questions of personal data and parents income, a transport question sheet, Physical Activity Questionnaire for older Children PAQ C, 24 hour food recall and a personal assessment of Tanner Stage, continued with measurement of height, weight and body fat percentage using BIA. There is no relationship between percentage of body fat and transportation. Increasing of Body mass index BMI will give an increased of body fat percentage. An increase of PAQ C scores will provide a value of decreased body fat percentage.