

# Perbedaan Proporsi Aktivitas Fisik saat Pandemi Covid-19 berdasarkan Faktor Individu dan Faktor Lingkungan pada Remaja di Kota Depok = The Differences in Physical Activity During the COVID-19 Pandemic based on Individual and Environmental Factors in Adolescents in Depok City

Dawima Nuri Afiati Chrismin, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20526362&lokasi=lokal>

---

## Abstrak

Aktivitas fisik yang tergolong kurang dapat meningkatkan risiko terjadinya penyakit tidak menular. Penelitian yang ada menunjukkan bahwa terjadi peningkatan proporsi remaja yang kurang aktif saat pandemi Covid-19. Adapaun faktor-faktor yang dapat berhubungan dengan perilaku aktivitas fisik remaja yaitu jenis kelamin, efikasi diri, tingkat stres, kebiasaan aktivitas fisik sebelum pandemi, recreational screen time, dukungan keluarga, dukungan teman, dan ketersediaan fasilitas olahraga di rumah. Tujuan dari penelitian ini adalah untuk mengetahui perbedaan proporsi aktivitas fisik saat pandemi Covid-19 pada 200 remaja di Kota Depok berdasarkan faktor-faktor tersebut dengan menggunakan desain studi cross-sectional. Penelitian dilakukan pada bulan Maret 2022 hingga Mei 2022. Hasil penelitian menunjukkan bahwa 65% remaja di Kota Depok mengalami penurunan aktivitas fisik saat pandemi Covid-19. Berdasarkan analisis uji chi-square, ditemukan bahwa terdapat perbedaan yang signifikan antara aktivitas fisik saat pandemi Covid-19 pada remaja di Kota Depok berdasarkan jenis kelamin (nilai-p = 0,005; OR = 2,415), efikasi diri (nilai-p < 0,001; OR = 3,598), tingkat stres (nilai-p = 0,035; OR = 5,625), kebiasaan aktivitas fisik sebelum pandemi (nilai-p < 0,001; OR = 5,486), dukungan keluarga (nilai-p = 0,022; OR = 2,018), dan dukungan teman (nilai-p < 0,001; OR = 2,995). Tidak ditemukan perbedaan yang signifikan antara aktivitas fisik saat pandemi Covid-19 pada remaja di Kota Depok berdasarkan recreational screen time (nilai-p = 1,000) dan ketersediaan fasilitas olahraga di rumah (nilai-p = 0,929).

..... Physical inactivity can increase the risk of non-communicable diseases. Existing research shows that there is an increase in the proportion of adolescents who are less active during the Covid-19 pandemic. The factors that can relate to physical activity behavior in adolescents consist of gender, self-efficacy, stress levels, physical activity habits before the pandemic, recreational screen time, family support, friend support, and the availability of sports facilities at home. The purpose of this study is to determine the difference in physical activity during the Covid-19 pandemic in 200 adolescents in Depok City based on these factors using a cross-sectional study design. The study was conducted from March 2022 to May 2022. The results showed that 65% of adolescents in Depok City experienced a decrease in physical activity during the Covid-19 pandemic. Based on the chi-square test, the analysis showed a significant difference between physical activity during the Covid-19 pandemic in adolescents in Depok City based on gender (p-value = 0,005; OR = 2,415), self-efficacy (p-value < 0,001; OR = 3,598), stress level (p-value = 0,035; OR = 5,625), physical activity habits before the pandemic (p-value < 0,001; OR = 5,486), family support (p-value = 0,022; OR = 2,018), and peer support (p-value < 0,001; OR = 2,995). There was no significant difference between physical activity during the Covid-19 pandemic among adolescents in Depok City based on recreational screen time (p-value = 1,000) and the availability of sports facilities at home (p-value = 0,929).