

Hubungan Tingkat Aktivitas Fisik dengan Gangguan Tidur pada Anak Usia Sekolah Dasar di Masa Pandemi COVID-19 = The Relationship Between Elementary School-Aged Children's Physical Activity Level and Sleep Disorders during COVID-19 Pandemic

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Abstrak

Latar belakang: Pandemi coronavirus disease 2019 (COVID-19) secara global menyebabkan pemerintah Indonesia untuk menerapkan Pembatasan Sosial Berskala Besar (PSBB) sebagai upaya pencegahan transmisi COVID-19. Kebijakan ini berdampak pada perubahan gaya hidup anak melalui penutupan sekolah dan fasilitas rekreasional sehingga terjadi penurunan aktivitas fisik dan perubahan pola tidur anak. Penelitian ini bertujuan untuk mengetahui hubungan tingkat aktivitas fisik dengan gangguan tidur pada anak usia sekolah dasar di masa pandemi COVID-19.

Metode: Penelitian ini menggunakan desain studi cross-sectional yang dilakukan pada 437 subjek. Penelitian ini menggunakan data sekunder tahun 2020 yang menggunakan Physical Activity Questionnaire for Older Children (PAQ-C) dan Children Sleep Habits Questionnaire-Abbreviated (CSHQ-A). Data yang diperoleh dianalisis menggunakan uji Chi-square.

Hasil: Hasil penelitian menunjukkan sebanyak 60,87% subjek tidak aktif dan sebanyak 73,23% subjek mengalami gangguan tidur selama pandemi COVID-19. Hasil uji analisis statistik menunjukkan tidak terdapat hubungan bermakna antara tingkat aktivitas fisik dengan gangguan tidur ($p=0,248$).

Kesimpulan: Sebagian besar anak usia sekolah dasar tidak aktif melakukan aktivitas fisik, kurang tidur pada hari biasa, tidur cukup pada akhir pekan, dan mengalami gangguan tidur selama pandemi COVID-19. Tidak terdapat hubungan bermakna antara tingkat aktivitas fisik dengan gangguan tidur pada anak usia sekolah dasar selama pandemi COVID-19.

.....Introduction: Coronavirus disease 2019 (COVID-19) globally affected the Indonesian government to implement the large-scale social restriction to prevent the COVID-19 transmission. The policy has altered children's lifestyles through the closure of schools and recreational facilities which caused the decline in children's physical activity level and the alteration of children's sleep pattern. This study aims to determine the relationship between elementary school-aged children's physical activity level and sleep disorders during the COVID-19 pandemic.

Method: This study was conducted with a cross-sectional design on 437 subjects. The research used secondary data collected in 2020 to obtain the data through the Physical Activity Questionnaire for Older Children (PAQ-C) and the Children Sleep Habits Questionnaire-Abbreviated (CSHQ-A). The data were analyzed using the Chi-square analysis test.

Result: This study showed that 60,87% of the subjects were not physically active and 73,23% of the subjects had sleep disorders. The statistical analysis test showed no significant relationship ($p 0.05$) between children's physical activity level and sleep disorders.

Conclusion: The majority of elementary school-aged children were not physically active and had sleep disorders during the COVID-19 pandemic. There was not a significant relationship between elementary school-aged children's physical activity level and sleep disorders during the COVID-19 pandemic.