

Hubungan Aktivitas Fisik dan Chronotype terhadap Kualitas Tidur pada Pekerja Perkantoran di Jabodetabek = The Relationship between Physical Activity and Chronotype on Sleep Quality among Office Workers in Jabodetabek

Ananda Putri Widianingsih, author

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Abstrak

Pekerja perkantoran merupakan agregat berisiko terhadap berbagai masalah kesehatan, salah satunya sedentary lifestyle yang ditandai dengan penurunan aktivitas fisik karena aktivitas kerjanya. Penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik dan chronotype terhadap kualitas tidur pada pekerja perkantoran di Jabodetabek. Penelitian menggunakan desain cross sectional dengan teknik purposive sampling didapatkan 110 pekerja perkantoran di Jabodetabek. Pengambilan data dilakukan dengan pengisian International Physical Activity Questionnaire (IPAQ), Morningness-Eveningness Questionnaire (MEQ), dan Pittsburgh Sleep Quality Index (PSQI) secara daring melalui google form. Hasil uji bivariat menggunakan uji Chi square didapatkan kesimpulan bahwa terdapat hubungan antara aktivitas fisik terhadap kualitas tidur pada pekerja perkantoran di Jabodetabek dengan hasil -value 0,002 ($<0,05$). Selain itu, tidak terdapat hubungan antara chronotype terhadap kualitas tidur pada pekerja perkantoran di Jabodetabek dengan hasil -value 0,519.

.....Office workers are an aggregate at risk of various health problems, one of which is a sedentary lifestyle characterized by decrease in physical activity due to work activities. This study aims to determine the relationship between physical activity and chronotype on sleep quality among office workers in Jabodetabek. The research used a cross sectional design with purposive sampling technique obtained 110 office workers in Jabodetabek. Data collection were collected through online questionnaires including International Physical Activity Questionnaire (IPAQ), Morningness-Eveningness Questionnaire (MEQ), and Pittsburgh Sleep Quality Index (PSQI) using Google Form. The result of the bivariate test using Chi square test found that there was a significant relationship between physical activity and sleep quality among office workers in Jabodetabek with a p-value of 0.002 ($p < 0.05$). In addition, there is no relationship between chronotype and sleep quality among office workers in Jabodetabek with a p-value of 0.519.