

Perbandingan Tingkat Aktivitas Fisik Mahasiswa FKUI Angkatan 2020 dan 2021 Saat Dengan Setelah Pandemi COVID-19 = Comparison of Physical Activity Levels of FKUI Students Class of 2020 and 2021 During and After the COVID-19 Pandemic

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Abstrak

Latar Belakang Pandemi COVID-19 berdampak signifikan terhadap tingkat aktivitas fisik mahasiswa yang mengalami penurunan akibat kebijakan pembatasan sosial dan peralihan ke pembelajaran daring. Perubahan ini meningkatkan perilaku sedentari yang berpotensi mempengaruhi kesehatan fisik dan mental mahasiswa. Dampak dari pandemi COVID-19 ini sangat dirasakan oleh mahasiswa FKUI angkatan 2020 dan 2021 yang mengawali studi di FKUI di masa pandemi COVID-19. Penelitian ini bertujuan untuk membandingkan tingkat aktivitas fisik mahasiswa FKUI angkatan 2020 dan 2021 antara saat dan setelah pandemi COVID-19. Metode Penelitian ini menggunakan desain cross-sectional dengan consecutive sampling. Subjek penelitian terdiri dari 110 mahasiswa FKUI angkatan 2020 dan 2021, yang dibagi menjadi dua kelompok sama banyak, masing-masing 55 orang. Data aktivitas fisik dikumpulkan menggunakan kuesioner International Physical Activity Questionnaire Short Form (IPAQ-SF) dalam bahasa Indonesia yang telah teruji validitas dan reliabilitasnya serta disebarluaskan secara daring. Analisis data dilakukan menggunakan uji Wilcoxon untuk membandingkan proporsi tingkat aktivitas fisik mahasiswa saat dan setelah pandemi COVID-19. Hasil Tingkat aktivitas fisik mahasiswa mengalami peningkatan signifikan ($p < 0,05$) setelah pandemi COVID-19 dibandingkan dengan saat pandemi. Sebanyak 85% mahasiswa mengalami peningkatan tingkat aktivitas fisik, disusul oleh 14% mahasiswa yang memiliki tingkat aktivitas fisik yang sama saat dengan setelah pandemi, dan hanya 1% mahasiswa yang mengalami penurunan tingkat aktivitas fisik dibandingkan saat pandemi. Kesimpulan Tingkat aktivitas fisik mahasiswa FKUI angkatan 2020 dan 2021 lebih tinggi setelah pandemi COVID-19 dibandingkan dengan saat pandemi COVID-19 berlangsung.

.....Introduction The COVID-19 pandemic significantly impacted the physical activity levels of students, leading to a decrease due to social restriction policies and the transition to online learning. These changes increased sedentary behavior, potentially affecting students' physical and mental health. The impact of the COVID-19 pandemic was deeply felt by FKUI students from the 2020 and 2021 cohorts who began their studies during the pandemic. This study aimed to compare the physical activity levels of FKUI students from the 2020 and 2021 cohorts during and after the COVID-19 pandemic. Method This study used a cross-sectional design with consecutive sampling. The subjects of the study consisted of 110 FKUI students from the 2020 and 2021 intakes, who were divided into two equal groups, each consisting of 55 people. Physical activity data were collected using the International Physical Activity Questionnaire Short Form (IPAQ-SF) questionnaire in Indonesian which has been tested for validity and reliability and distributed online. Data analysis was carried out using the Wilcoxon test to compare the proportion of students' physical activity levels during and after the COVID-19 pandemic. Results A significant difference ($p < 0.05$) was found in the physical activity levels of students during and after the COVID-19 pandemic. A total of 85% of students experienced an increase in physical activity levels, followed by 14% of students whose physical activity levels remained the same during and after the pandemic, and only 1% of students experienced a decrease in

physical activity levels compared to during the pandemic. Conclusion The physical activity levels of FKUI students from the 2020 and 2021 cohorts were higher after the COVID-19 pandemic than during the pandemic.