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INTISARI

Latar Belakang: Perkembangan teknologi dan penggunaan gadget belakangan ini mempengaruhi aktifitas fisik pada anak terutama anak usia sekolah. Menurunnya aktifitas fisik pada anak usia sekolah meningkatkan resiko penyakit kronis di kemudian hari, meningkatkan kasus obesitas, mempengaruhi kesehatan mental, dan menghambat perkembangan fisik menuju masa remaja.

Tujuan Penelitian: Mengetahui gambaran tingkat aktifitas fisik pada anak usia sekolah di SD Muhammadiyah Ambarketawang 2 Gamping, Sleman, Daerah Istimewa Yogyakarta.

Metode Penelitian: Desain penelitian ini adalah deskriptif kuantitatif dengan pendekatan *cross-sectional* dan analisa data menggunakan *univariat*. Sampel penelitian berjumlah 43 reponden. Teknik pengambilan sampel menggunakan *purposive* sampling. Instrumen penelitian menggunakan *Physical Activity Questionnaire-Children (PAQ-C)* dan *Metaboliq Equivalent (MET)*.

Hasil Penelitian: Hasil tingkat aktifitas fisik menggunakan instrumen PAQ-C didapatkan hasil mayoritas responden memiliki tingkat aktifitas sedang sebesar 65.5%, aktifitas fisik tinggi 23% dan aktifitas rendah 11.5%. Sedangkan tingkat aktifitas fisik berdasarkan instrumen MET didapatkan hasil mayoritas responden memiliki tingkat aktifitas fisik sedang sebesar 74.5%, aktifitas berat 18.5% dan aktifitas ringan sebesar 7%.

Kesimpulan: Mayoritas anak usia sekolah memiliki aktifitas sedang hingga berat baik menggunakan instrumen PAQ-C maupun MET.

Kata kunci: Tingkat aktifitas fisik, anak usia sekolah.

Sholichah, Ahla Chayatush. (2018). *Description of Physical Activity Level on School Age Children at SD Muhammadiyah Ambarketawang 2, Gamping, Sleman, Yogyakarta. Student Reaserch Project. School of Nursing. Universitas Muhammadiyah Yogyakarta.*

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ABSTRACT

Background: Recently, technological development and used gadget influence the physical activity of children especially school age children. Decreasing physical activity on school age children would increase risk factor to have chronic and degenerative diseases in the future, increase case of obesity, affect the mental health, and inhibit physical growth and development toward adolescent.

Objective: To know the description of the physical activity level in school-age children in SD Muhammadiyah Ambarketawang 2 Gamping, Sleman, Special Region of Yogyakarta.

Research Method: The design of this research is descriptive quantitative with cross-sectional approach with univariate analysis. The samples of the study were 43 respondents by purposive sampling technique. The research instruments used Physical Activity Questionnaire-Children (PAQ-C) and Metaboliq Equivalent Turnover (MET).

Result: The level of physical activity by PAQ-C shows that the majority of respondents have a moderate activity level of 65.5%, high physical activity of 23% and 11.5% have low activity. While MET instrument shows that the majority of respondents have moderate level of physical activity of 74.5%, vigorous activity 18.5% and light activity by 7%.

Conclusions: The majority of school age children have moderate to severe activities using either PAQ-C or MET instruments.

Keywords: Physical activity level, school age.