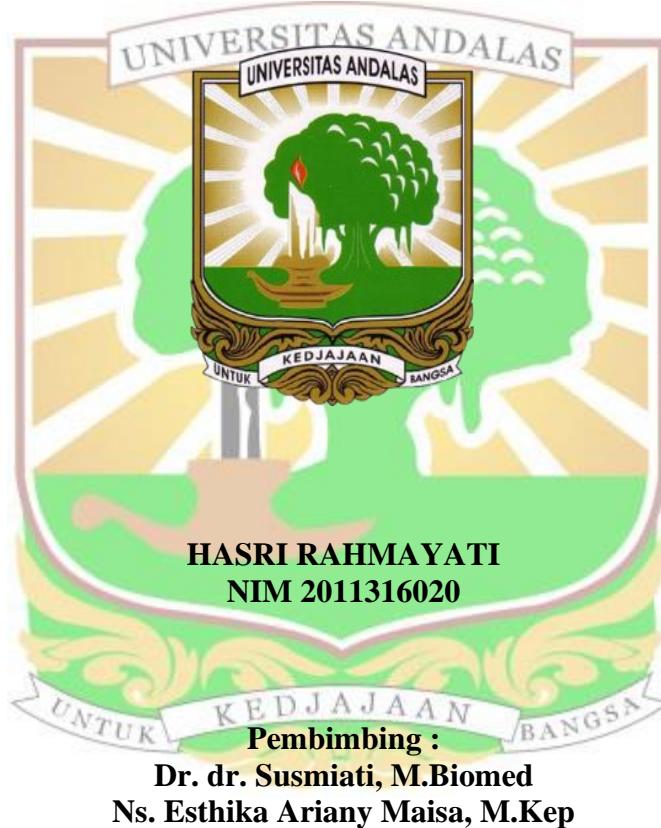


SKRIPSI

HUBUNGAN AKTIVITAS FISIK DENGAN KUALITAS HIDUP ANAK SDN 48 KURANJI DI MASA PANDEMI COVID-19 TAHUN 2022

Penelitian Keperawatan Dasar

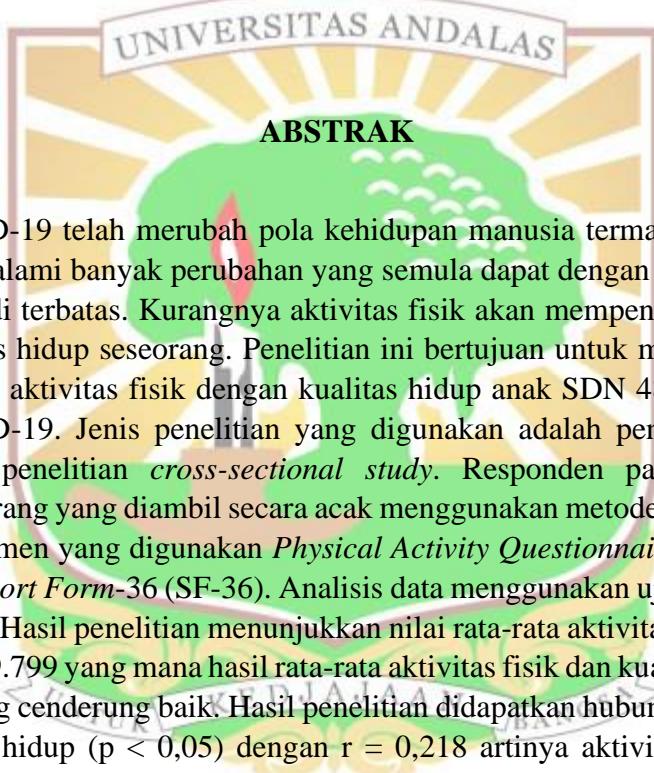


**FAKULTAS KEPERAWATAN
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FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
Januari 2023

Nama : Hasri Rahmayati
NIM : 2011316020

Hubungan Aktivitas Fisik Dengan Kualitas Hidup Anak SDN 48 Kuranji
Di Masa Pandemi COVID-19 Tahun 2022



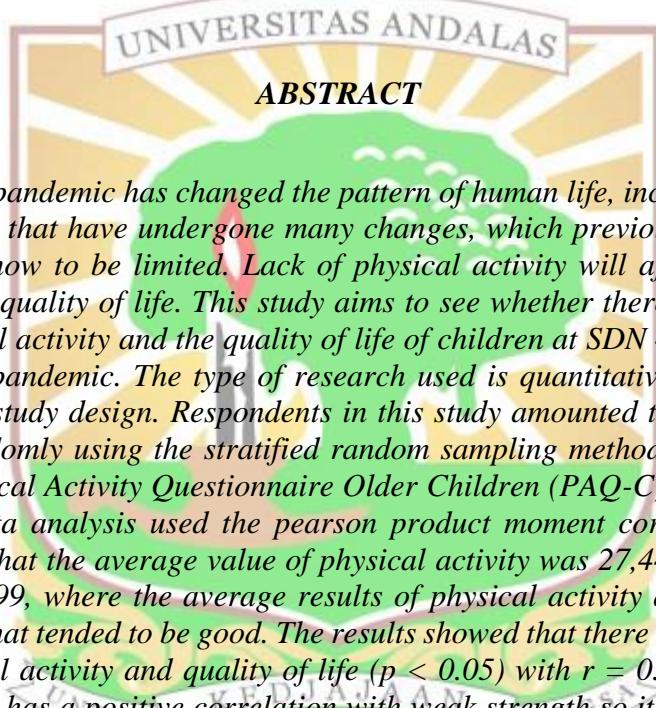
Pandemi COVID-19 telah merubah pola kehidupan manusia termasuk pola aktivitas fisik yang mengalami banyak perubahan yang semula dapat dengan bebas beraktivitas sekarang menjadi terbatas. Kurangnya aktivitas fisik akan mempengaruhi banyak hal terutama kualitas hidup seseorang. Penelitian ini bertujuan untuk melihat apakah ada hubungan antara aktivitas fisik dengan kualitas hidup anak SDN 48 Kuranji di masa pandemi COVID-19. Jenis penelitian yang digunakan adalah penelitian kuantitatif dengan desain penelitian *cross-sectional study*. Responden pada penelitian ini berjumlah 145 orang yang diambil secara acak menggunakan metode *stratified random sampling*. Instrumen yang digunakan *Physical Activity Questionnaire Older Children* (PAQ-C) dan *Short Form-36* (SF-36). Analisis data menggunakan uji korelasi *pearson product momen*. Hasil penelitian menunjukkan nilai rata-rata aktivitas fisik 27,448 dan kualitas hidup 59,799 yang mana hasil rata-rata aktivitas fisik dan kualitas hidup berada pada tingkat yang cenderung baik. Hasil penelitian didapatkan hubungan aktivitas fisik dengan kualitas hidup ($p < 0,05$) dengan $r = 0,218$ artinya aktivitas fisik memiliki hubungan dengan arah korelasi positif yang memiliki kekuatan lemah sehingga dapat disimpulkan bahwa semakin tinggi aktivitas fisik maka semakin tinggi kualitas hidup. Nilai koefisien determinasi ($R^2 = 0,048$) artinya 4,8% kualitas hidup yang dipengaruhi oleh aktivitas fisik. Oleh karena itu diharapkan kepada pihak sekolah dan pelayanan kesehatan dapat bekerjasama dalam mencanangkan program peningkatan aktivitas fisik anak yang teratur sehingga dapat meningkatkan kualitas hidup menjadi lebih baik.

Kata Kunci : Aktivitas fisik, Kualitas hidup, Usia sekolah
Daftar Pustaka : 66 (1993-2022)

FACULTY OF NURSING
ANDALAS UNIVERSITY
January 2023

Name : Hasri Rahmayati
Student ID Number : 2011316020

The Relationship between Physical Activity and the Quality of Life of Children at SDN 48 Kuranji During the 2022 COVID-19 Pandemic



The COVID-19 pandemic has changed the pattern of human life, including patterns of physical activity that have undergone many changes, which previously allowed them to move freely now to be limited. Lack of physical activity will affect many things, especially one's quality of life. This study aims to see whether there is a relationship between physical activity and the quality of life of children at SDN 48 Kuranji during the COVID-19 pandemic. The type of research used is quantitative research with a cross-sectional study design. Respondents in this study amounted to 145 people who were taken randomly using the stratified random sampling method. The instruments used were Physical Activity Questionnaire Older Children (PAQ-C) and Short Form-36 (SF-36). Data analysis used the pearson product moment correlation test. The results showed that the average value of physical activity was 27,448 and the quality of life was 59,799, where the average results of physical activity and quality of life were at a level that tended to be good. The results showed that there was a relationship between physical activity and quality of life ($p < 0.05$) with $r = 0.218$ meaning that physical activity has a positive correlation with weak strength so it can be concluded that the higher the physical activity, the higher the quality of life. The value of the coefficient of determination ($R^2 = 0.048$) means that 4.8% of the quality of life is influenced by physical activity. Therefore, it is hoped that schools and health services can work together in launching a program to increase regular children's physical activity so that they can improve their quality of life for the better.

Keywords : Physical activity, Quality of life, School-aged

Bibliography : 66 (1993-2022)