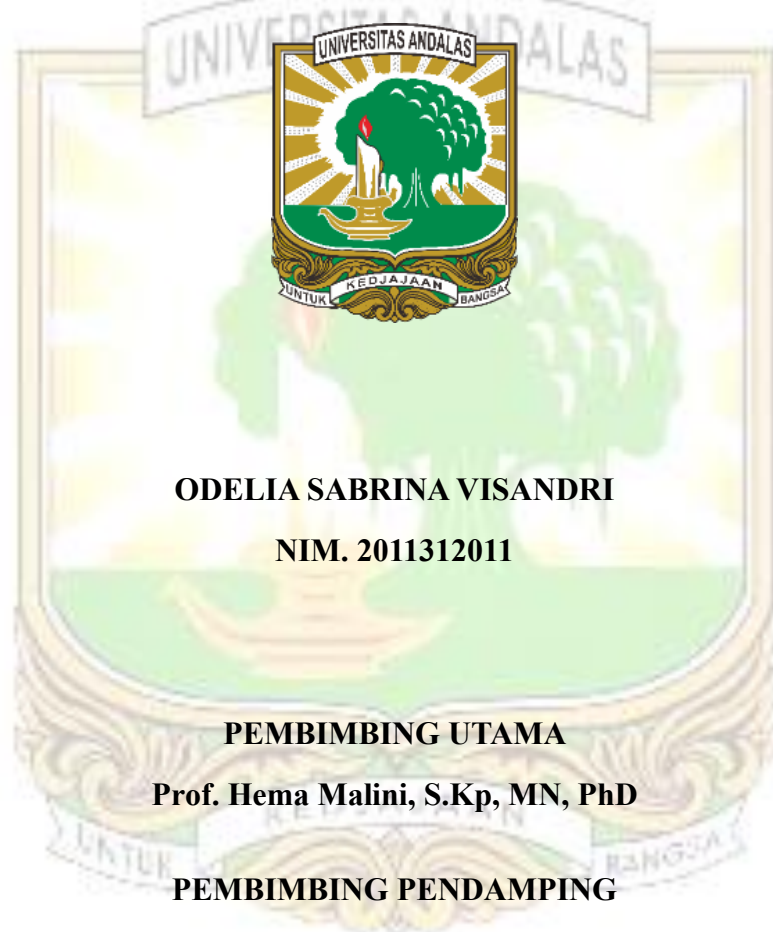


SKRIPSI

**HUBUNGAN PERILAKU SEDENTARI TERHADAP LUARAN
KESEHATAN PADA MAHASISWA UNIVERSITAS ANDALAS
TAHUN 2024**

Penelitian Keperawatan Medikal Bedah



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HUBUNGAN PERILAKU SEDENTARI TERHADAP LUARAN KESEHATAN MAHASISWA PADA UNIVERSITAS ANDALAS

ABSTRAK

Perilaku sedentari menyebabkan masalah kesehatan pada masyarakat termasuk pada mahasiswa. Secara global mahasiswa menghabiskan waktu 7.29 jam/hari untuk melakukan perilaku sedentari. Hal ini mengakibatkan dampak negatif bagi luaran kesehatan pada mahasiswa. Tujuan penelitian ini untuk mengetahui hubungan perilaku sedentari terhadap luaran kesehatan pada mahasiswa. Penelitian dengan metode korelasi deskriptif. Penelitian ini menggunakan kuisioner *Sedentary Behavior Questionnaire* (SBQ) dan *Perceived Stress Scale* (PSS), serta untuk mengukur luaran kesehatan fisik, tekanan darah diukur melalui tensimeter digital, indeks massa tubuh didapatkan dari berat badan dibagi tinggi badan kuadrat diukur melalui timbangan digital dan *stature*. Pemilihan responden menggunakan teknik *proportional sampling dengan* jumlah sampel 393 orang. Pengambilan data melalui kuisioner dan pemeriksaan langsung tekanan darah, berat badan, dan tinggi badan. Data diolah dan dianalisis dengan komputersasi. Analisis data univariat disajikan melalui tabel deskriptif, sedangkan analisis bivariat menggunakan uji *Spearman rho*. Hasil penelitian ditemukan nilai median total perilaku sedentari 7.21 jam/hari. Median indeks massa tubuh sebesar 21.09 kg/m², median tekanan darah dan diastolik masing-masing 117mmHg dan 72.66 mmHg, median skor persepsi stres sebesar 21. Analisis uji bivariat ditemukan adanya kolerasi perilaku sedentari dan luaran kesehatan dengan nilai $p=0.001$. Semakin meningkat perilaku sedentari maka semakin meningkat indeks massa tubuh, tekanan darah dan persepsi stres. Diharapkan mahasiswa dapat mengurangi perilaku sedentari yang bertujuan untuk mengurangi risiko penyakit tidak menular dikemudian hari.

Kata Kunci: Hubungan, perilaku sedentari, luaran kesehatan, mahasiswa
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ASSOCIATION SEDENTARY BEHAVIOR ON HEALTH OUTCOMES AMONG
COLLEGE STUDENTS ANDALAS UNIVERSITY

ABSTRACT

Sedentary behavior causes health problems in society, including among college students. Globally, college students spend 7.29 hours/day engaging in sedentary behavior. However, sedentary behavior has a negative impact on college student's health outcomes. This research aims to determine the relationship between sedentary behavior and student health outcomes. Research using descriptive correlation method. This study used the Sedentary Behavior Questionnaire (SBQ) and Perceived Stress Scale (PSS) questionnaires, and to measure physical health outcomes, blood pressure was measured via a digital sphygmomanometer; body mass index was obtained from body weight divided by height squared, measured via digital scales and stature. Respondents were selected using a proportional sampling technique with a sample size of 393 people. Data collection is done through questionnaires and direct examination of blood pressure, body weight, and height. Data is processed and analyzed using computerization. Univariate data analysis is presented through descriptive tables, while bivariate analysis uses the Spearman rho test. The research results found that the median total value of sedentary behavior was 7.21 hours/day. Median body mass index was 21.09 kg/m², median blood and diastolic pressure were 117mmHg and 72.66 mmHg, respectively, median stress perception score was 21. Bivariate test analysis found a correlation between sedentary behavior and health outcomes with p value 0.001. When sedentary behavior increases, it impacts body mass index, blood pressure, and stress in university students. It is recommended, students can reduce sedentary behavior to reduce the risk of non-communicable diseases in the future.

Keyword: association, sedentary behavior, health outcome, college students
Bibliography: 100 (2012-2024)