



UNIVERSITAS ANDALAS

ANALISIS DETERMINAN KUALITAS HIDUP REMAJA PADA SISWA SMK

DAN SMA DI KABUPATEN 50 KOTA

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**ANALISIS DETERMINAN KUALITAS HIDUP REMAJA PADA SISWA
SMK DAN SMA DI KABUPATEN 50 KOTA**

xi + 123 halaman, 35 tabel, 6 gambar, 12 lampiran

ABSTRAK

Tujuan: Hampir separuh remaja SMK dan SMA di Kabupaten 50 Kota memiliki kualitas hidup buruk. Penelitian ini bertujuan untuk mengetahui determinan kesehatan yang berhubungan dengan kualitas hidup remaja SMK dan SMA di Kabupaten 50 Kota.

Metode: Penelitian kombinasi dengan desain *sequential explanatory*. Penelitian kuantitatif menggunakan menggunakan desain *cross sectional* dengan jumlah populasi sebanyak 3469 dan sampel 219 orang. Penelitian kualitatif menggunakan wawancara mendalam. Data kuantitatif dianalisis melalui analisis univariat, bivariat, dan multivariat serta data kualitatif dianalisis melalui analisis tematik.

Hasil: Hampir separuh (42%) SMK dan SMA di Kabupaten 50 Kota memiliki kualitas hidup buruk. Terdapat hubungan yang signifikan antara status ekonomi keluarga (POR 2,322 95% CI = 0,988 – 5,456), dukungan sosial (POR 3,3 95% CI = 1,110 – 9,893), aktivitas fisik (POR 3,0 95% CI = 1,189 – 7,964) dengan kualitas hidup remaja pada siswa SMK dan SMA di Kabupaten 50 Kota. Tidak terdapat hubungan yang signifikan antara jenis kelamin, pendidikan orang tua, pola asuh, IMT, dan perilaku merokok dengan kualitas hidup remaja. Variabel yang paling berhubungan dengan kualitas hidup remaja adalah aktivitas fisik (*p-value* 0,009 dan POR 3,609 (95% CI = 1,308 – 9,958). Remaja yang kurang melakukan aktivitas fisik disebabkan oleh faktor kurangnya fasilitas yang disediakan pemerintah, terbatasnya jam pelajaran olahraga di sekolah, dan lebih menyukai rebanan dibandingkan dengan beraktivitas fisik.

Kesimpulan: Status ekonomi keluarga, pola asuh, dukungan sosial, aktivitas fisik berhubungan dengan kualitas hidup remaja pada siswa SMK dan SMA di Kabupaten 50 Kota. Variabel yang paling berhubungan adalah aktivitas fisik, untuk itu diharapkan kepada remaja untuk mengoptimalkan kegiatan aktivitas fisik sehingga dapat meningkatkan kualitas hidup.

Daftar Pustaka : 59 (1999 – 2023)

Kata Kunci : Determinan, Kualitas Hidup, Remaja.

**FACULTY OF PUBLIC HEALTH
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**ANALYSIS OF DETERMINANTS OF TEENAGER'S QUALITY OF LIFE
AMONG VOCATIONAL AND HIGH SCHOOL STUDENTS IN 50 KOTA
REGENCY**

xi + 123 pages, 35 tables, 6 figures, 12 attachments

ABSTRACT

Objective: Almost half of student of vocational and high school in the 50 Kota Regency have a poor quality of life. This research aims to determine the health determinants related to the quality of life of adolescent of vocational and high school adolescent in 50 Kota Regency.

Method: Combination research with design sequential explanatory. The population were 3469 and the sample were 219 people. Quantitative research uses design cross sectional and qualitative research using in-depth interviews. Quantitative data was analyzed through univariate, bivariate and multivariate analysis and qualitative data was analyzed through thematic analysis.

Results: Almost half (42%) of vocational schools and high schools in 50 City Districts have poor quality of life. There is a significant relationship between family economic status (POR 2,322 95% CI = 0,988 – 5,456), social support (POR 3,3 95% CI = 1,110 – 9,893), physical activity (95% CI = 1,189 – 7,964) with the quality of life of teenagers. There was no significant relationship between gender, parental education, parenting style, BMI, and smoking behavior and adolescent quality of life. The variable most related to the quality of life of adolescents is physical activity (p-value 0.013 and POR 3,609 (95% CI = 1,308 – 9,958). Sufficient social support does not necessarily mean that teenagers have a good QoL. The variable most related to the quality of life of adolescents is physical activity (p-value 0.013 and POR 3.578). Teenagers who lack physical activity are caused by the lack of facilities provided by the government, limited sports lesson hours at school, and preferring lying down compared to physical activity.

Conclusion: Family economic status, parenting style, social support, physical activity are related to the quality of life of teenagers in vocational and high school students in 50 City Districts. The variable that is most related is physical activity, therefore it is hoped that teenagers will optimize their physical activity activities so that they can improve their quality of life.

List Reference : 59 (1999 – 2023)

Keywords : Determinants, Quality of Life, Adolescents.