



UNIVERSITAS ANDALAS

FAKTOR YANG BERHUBUNGAN DENGAN *SEDENTARY LIFESTYLE*

PADA MAHASISWA KESEHATAN UNIVERSITAS ANDALAS

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UNIVERSITAS ANDALAS

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Skripsi, 12 September 2025

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PADA MAHASISWA KESEHATAN UNIVERSITAS ANDALAS TAHUN 2025**

CXI+ 111 halaman, 31 tabel, 3 gambar, 8 lampiran

ABSTRAK

Tujuan Penelitian

Sedentary lifestyle menjadi salah satu faktor risiko penyakit tidak menular yang meningkat pada kalangan mahasiswa. Studi pendahuluan menunjukkan Mahasiswa Kesehatan Universitas Andalas dengan 80% *sedentary lifestyle* tinggi. Penelitian ini bertujuan untuk menganalisis faktor yang berhubungan *sedentary lifestyle* pada Mahasiswa Kesehatan Universitas Andalas Tahun 2025.

Metode

Penelitian kuantitatif desain *cross sectional*, dilaksanakan Februari hingga September 2025. Populasi penelitian Mahasiswa Kesehatan Universitas Andalas dengan sampel 290 dipilih secara *propotional random sampling*. Data diperoleh melalui kuesioner dan di analisis secara univariat, bivariat dan multivariat.

Hasil

Sebagian besar 80% Mahasiswa Kesehatan Universitas Andalas memiliki *sedentary lifestyle* tinggi. Terdapat hubungan antara ketersediaan dan pemanfaatan fasilitas ($p\text{-value} = 0,002$) dan persepsi hambatan ($p\text{-value} = 0,043$) dengan *sedentary lifestyle*. Namun, pengetahuan ($p\text{-value} = 1,000$), jenis kelamin ($p\text{-value} = 0,971$), pendapatan orang tua ($p\text{-value} = 0,860$), dukungan teman ($p\text{-value} = 0,427$), dan persepsi manfaat ($p\text{-value} = 0,703$) tidak menunjukkan hubungan yang signifikan.

Kesimpulan

Semakin kurangnya ketersediaan dan pemanfaatan fasilitas dan tingginya hambatan maka semakin tinggi *sedentary lifestyle* Mahasiswa Kesehatan Universitas Andalas. Diperlukan dukungan melalui unit kegiatan olahraga untuk meningkatkan aktivitas fisik.

Daftar Pustaka

: 104 (2014-2025)

Kata Kunci

: *sedentary lifestyle*, mahasiswa, fasilitas, hambatan, universitas

**FACULTY OF PUBLIC HEALTH
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**FACTORS RELATED TO SEDENTARY LIFESTYLE AMONG HEALTH
STUDENTS, ANDALAS UNIVERSITY IN 2025**

CXI+ 111 pages, 31 tables, 3 figures, 8 appendices

ABSTRACT

Objective

A sedentary lifestyle is a risk factor for non-communicable diseases, which is increasing among university students. A preliminary study showed that 80% of Andalas University Health Faculty students had a high sedentary lifestyle. This study aims to analyze factors associated with a sedentary lifestyle among Andalas University Health Faculty students in 2025.

Method

This quantitative cross-sectional study was conducted from February to August 2025. The study population consisted of 290 students from the Faculty of Health, Andalas University, selected using proportional random sampling. Data were obtained through questionnaires and analyzed using univariate, bivariate, and multivariate methods.

Result

Most of the 80% of Andalas University Health students had a high sedentary lifestyle. There was a relationship between the availability of facilities (p -value = 0.002) and perceived barriers (p -value = 0.043) with a sedentary lifestyle. However, knowledge (p -value = 1.000), gender (p -value = 0.971), parental income (p -value = 0,860), peer support (p -value = 0,427), and perceived benefits (p -value = 0,703) did not show a significant relationship.

Conclusion

The increasing lack of facilities and the increasing number of barriers have led to a more sedentary lifestyle among students in the Faculty of Health at Andalas University. Support through sports units is needed to increase physical activity.

References

: 104 (2014-2025)

Keyword

: sedentary lifestyle, student, facilities, obstacles,
university