

**PERBANDINGAN RESIKO OBESITAS PADA SEBELUM DAN SAAT  
PANDEMI COVID-19 BERDASARKAN KEBIASAAN MAKAN DAN  
AKTIVITAS FISIK REMAJA PUTRI DI SMP KOTA PADANG**

**TESIS**

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**Perbandingan Resiko Obesitas pada Sebelum dan Saat Pandemi Covid-19  
Berdasarkan Kebiasaan Makan dan Aktivitas Fisik Remaja Putri Di Smp  
Kota Padang**

vii+ 92 hal + 10 tabel + 2 skema + 15 Lampiran

**ABSTRAK**

Status gizi remaja menjadi masalah di Indonesia yang perlu perhatian pemerintah. Status gizi remaja dapat di pengaruhi oleh kebiasaan makan dan aktivitas fisik. Pandemi covid-19 mengubah pola kebiasaan makan dan aktivitas fisik, sehingga dapat berisiko terhadap terjadinya obesitas. Oleh karena itu penelitian ini bertujuan untuk mengetahui perbandingan resiko obesitas pada sebelum dan saat pandemi berdasarkan kebiasaan makan dan aktivitas fisik remaja putri. Metode penelitian ini adalah *comparative study* dengan populasi remaja putri di SMP dan sampel sebanyak 190 orang dengan cara pengambilan sampel yaitu purposive sampling. Alat pengumpulan data status gizi menggunakan pengukuran berat badan dan kuesioner kebiasaan makan serta aktivitas fisik dengan *Physical Activity Questionnaire-Adolescent (PAQ-A)*. Hasil penelitian ini sebelum dan saat pandemi covid-19 tidak ada hubungan makan teratur, frekuensi sarapan, frekuensi makan perhari, konsumsi cemilan/hari, konsumsi sayur dan buah dengan status gizi. Sebelum pandemi covid-19 didapatkan bahwa tidak ada hubungan antara frekuensi makan gorengan/hari dan aktivitas fisik dengan status gizi sedangkan terdapat hubungan antara frekuensi makan gorengan/hari dan aktivitas fisik dengan status gizi saat pandemi. Frekuensi konsumsi gorengan saat pandemi berisiko untuk kejadian obesitas pada remaja putri di bandingkan sebelum pandemi, sedangkan untuk kebiasaan makan lainnya seperti tidak memiliki risiko obesitas sebelum dan selama pandemi covid-19. Sehingga diperlukan pengembangan program intervensi berupa edukasi pada remaja tentang status gizi.

Kata Kunci : Aktivitas Fisik, Covid-19, Kebiasaan Makan, Status Gizi

Daftar Pustaka : 113 (2002 - 2021)

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***Comparison of the Risk of Obesity Before and During the Covid-19 Pandemic  
based on Eating Habits and Physical Activity of Adolescent Girls in Junior  
High School in the City of Padang***

*vii+ 92 pages + 10 tables + 2 schemas + 15 Appendices*

***ABSTRACT***

*The nutritional status of adolescents is a problem in Indonesia that needs government attention. Adolescent nutritional status can be influenced by eating habits and physical activity. The COVID-19 pandemic has changed eating habits and physical activity, which can put you at risk for obesity. Therefore, this study aims to compare the risk of obesity before and during the pandemic based on the eating habits and physical activity of young women. This research method is a comparative study with a population of young women in junior high school and a sample of 190 people by means of sampling that is purposive sampling. The nutritional status data collection tool uses weight measurements and a questionnaire on eating habits and physical activity with the Physical Activity Questionnaire-Adolescent (PAQ-A). The results of this study before and during the COVID-19 pandemic there was no relationship between regular eating, breakfast frequency, frequency of eating per day, consumption of snacks/day, consumption of vegetables and fruit with nutritional status. Before the COVID-19 pandemic, it was found that there was no relationship between the frequency of eating fried foods/day and physical activity with nutritional status, while there was a relationship between the frequency of eating fried foods/day and physical activity with nutritional status during the pandemic. The frequency of consumption of fried foods during the pandemic is at risk for obesity in adolescent girls compared to before the pandemic, while for other eating habits, such as having no risk of obesity before and during the COVID-19 pandemic. So it is necessary to develop an intervention program in the form of education for adolescents about nutritional status.*

**Keywords:** *Physical Activity, Covid-19, Eating Habits, Nutritional Status*

**Reference :** 113 (2002 - 2021)