

**FAKTOR-FAKTOR PENDUKUNG DAN PENGHAMBAT
AKTIVITAS FISIK SELAMA PANDEMI COVID-19 PADA
MAHASISWA UNIVERSITAS GADJAH MADA ANGGKATAN 2017-2019:
KAJIAN KUALITATIF BERDASARKAN COM-B MODEL**

Jihan Santika Fatmawati¹, Zaenal Muttaqien Sofro², Rakhmat Ari Wibowo²,
Prattama Santoso Utomo³

¹Program Studi Kedokteran Reguler, Fakultas Kedokteran Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

²Departemen Fisiologi, Fakultas Kedokteran Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

³Departemen Pendidikan Kedokteran dan Bioetika Fakultas Kedokteran Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

ABSTRAK

Latar Belakang: COVID-19 mempunyai mortalitas yang rendah (2%), tetapi mobilitas dan interaksi manusia yang tidak terbatas mengakibatkan COVID-19 tersebar sangat cepat ke seluruh dunia sehingga pemerintah Indonesia mengeluarkan status darurat bencana non-alam terkait pandemi COVID-19 sejak 29 Februari 2020. Aktivitas fisik yang rutin dapat berperan penting dalam pencegahan COVID-19, tetapi pola perubahan aktivitas fisik selama pandemi COVID-19 ini belum banyak diketahui. Meskipun aktivitas fisik memiliki peranan yang penting, hanya 56% mahasiswa aktif secara fisik pada tingkat sedang dan berat selama karantina nasional. Dengan COM-B model secara garis besar, pandemi COVID-19 mungkin berpengaruh positif ataupun negatif terhadap kemampuan, kesempatan, dan motivasi mahasiswa untuk melakukan aktivitas fisik. Belum adanya informasi terkait faktor pendukung dan penghambat aktivitas fisik mahasiswa selama pandemi COVID-19 menarik peneliti untuk mendapatkan data yang lebih rinci dan akurat.

Tujuan: Secara umum, penelitian ini bertujuan untuk mengetahui faktor-faktor pendukung dan penghambat aktivitas fisik selama pandemi COVID-19 pada mahasiswa Universitas Gadjah Mada angkatan 2017-2019. Secara khusus, penelitian ini bertujuan untuk mengetahui fasilitator dan inhibitor terkait kapabilitas, peluang, dan motivasi pada perubahan perilaku aktivitas fisik selama pandemi COVID-19 pada mahasiswa Universitas Gadjah Mada angkatan 2017-2019.

Metode: Penelitian ini menggunakan metode kualitatif dengan desain fenomenologi. Sumber data didapatkan melalui wawancara mendalam semi terstruktur. Perekrutan sampel menggunakan *purposive sampling* berdasarkan kriteria inklusi dan eksklusi yang telah ditetapkan. Analisis data dilakukan dengan memberikan label subkategori dan tema yang khas dari fenomena tersebut.

Hasil: Terdapat enam responden laki-laki dan dua responden perempuan. Dari total sepuluh responden, hanya ada dua responden yang memiliki riwayat terkonfirmasi positif COVID-19. Peneliti menemukan masing-masing tiga subkategori dan tema yang termasuk faktor pendukung dan penghambat aktivitas fisik serta menemukan satu subkategori dan tema yang termasuk baik faktor pendukung dan penghambat aktivitas fisik.

Kesimpulan: Kapabilitas psikologis (atensi), peluang fisik (pengaruh lingkungan), dan motivasi reflektif (tujuan) termasuk faktor pendukung aktivitas fisik sedangkan kapabilitas fisik (kemampuan fisik), peluang sosial (pengaruh sosial), dan motivasi reflektif (pengaruh COVID-19 pada mental) termasuk faktor penghambat aktivitas fisik.

Kata Kunci: Aktivitas fisik, fasilitator, inhibitor, pandemi COVID-19, COM-B model.

THE SUPPORTING AND INHIBITING FACTORS OF PHYSICAL ACTIVITY DURING THE COVID-19 PANDEMIC ON COLLEGE STUDENTS OF GADJAH MADA UNIVERSITY BATCH 2017-2019: QUALITATIVE STUDY BASED ON THE COM-B MODEL

Jihan Santika Fatmawati¹, Zaenal Muttaqien Sofro², Rakhmat Ari Wibowo²,
Prattama Santoso Utomo³

¹Regular Medicine Major, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University

²Department of Physiology, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University

³Department of Medical Education and Bioethics, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University

ABSTRACT

Background: COVID-19 has a low mortality (2%), but unlimited mobility and human interaction have caused COVID-19 to spread very quickly throughout the world so that the Indonesian government issued a non-natural disaster emergency status related to the COVID-19 pandemic since 29 February 2020. Regular physical activity can play an important role in preventing COVID-19, but little is known about the pattern of changes in physical activity during the COVID-19 pandemic. Although physical activity plays an important role, only 56% of students are physically active at moderate and severe levels during the national quarantine. With the COM-B model in outline, the COVID-19 pandemic may have positive or negative effects on college students' capability, opportunity, and motivation to do physical activity. The absence of information regarding the supporting and inhibiting factors of physical activity during the COVID-19 pandemic on college students attracts researcher to obtain more detail and accurate data.

Objectives: In general, this study aims to determine the supporting and inhibiting factors of physical activity during the COVID-19 pandemic on college students of Gadjah Mada University batch 2017-2019. In particular, this study aims to determine the facilitators and inhibitors related to capability, opportunity, and motivation on behaviour change of physical activity during the COVID-19 pandemic on college students of Gadjah Mada University batch 2017-2019.

Methods: This study uses a qualitative method with a phenomenological design. Sources of data obtains through semi-structured in-depth interviews. Recruitment of samples uses purposive sampling based on the inclusion and exclusion criteria that have been set. Data analysis is carried out by labeling the subcategories and themes that are typical of the phenomenon.

Results: There are six male respondents and two female respondents. Of the total ten respondents, only two respondents had a history of being confirmed positive for COVID-19. Researchers found each of three subcategories and themes that included supporting and inhibiting factors of physical activity and found one subcategory and theme that included both supporting and inhibiting factors of physical activity.

Conclusion: Psychological capability (attention), physical opportunity (environmental influence), and reflective motivation (goal) are the supporting factors of physical activity while physical capability (physical ability), social opportunity (social influence), and reflective motivation (the effect of COVID-19 on mental) including the inhibiting factors of physical activity.

Keywords: Physical activity, facilitator, inhibitor, COVID-19 pandemic, COM-B model.