

## HUBUNGAN KESEHATAN MENTAL TERHADAP AKTIVITAS FISIK PADA REMAJA DI SMAN 1 YOGYAKARTA SELAMA MASA PANDEMI COVID-19

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### INTISARI

**Latar Belakang:** Pandemi Covid-19 menyebabkan perubahan pola hidup secara mendadak yang berdampak pada tekanan psikologis remaja yaitu depresi, stres, dan kecemasan. Dengan adanya tekanan psikologis tersebut dapat mempengaruhi tingkat aktivitas fisik remaja. Aktivitas fisik bermanfaat untuk meningkatkan kekebalan tubuh yang sangat penting manfaatnya pada saat pandemi. Selain tekanan psikologis, dukungan dan kontrol orang tua juga mempengaruhi aktivitas fisik remaja. Sampai saat ini belum ada penelitian yang menyelidiki hubungan kesehatan mental dengan aktivitas fisik yang dilakukan pada saat pandemi Covid-19.

**Tujuan:** Mengetahui hubungan antara kesehatan mental dengan aktivitas fisik pada remaja di SMAN 1 Yogyakarta selama pandemi Covid19.

**Metode:** Penelitian ini merupakan penelitian observasional dengan rancangan *cross sectional*. Subjek penelitian berjumlah 236 remaja. Pengumpulan data kesehatan mental menggunakan DASS-21, data aktivitas fisik menggunakan IPAQ, data dukungan dan kontrol orang tua menggunakan kuesioner *perceived parental support and perceived parental control*. Analisa data menggunakan uji korelasi *Spearman rho*.

**Hasil:** Tidak terdapat hubungan antara kesehatan mental dengan aktivitas fisik pada remaja selama pandemi Covid-19 ( $p=0,411$ ) ( $p=0,547$ ) ( $p=0,097$ ). Terdapat hubungan antara dukungan langsung ( $p=0,004$ ) dan kontrol orang tua ( $p=0,042$ ) dengan aktivitas fisik. Tidak terdapat hubungan antara dukungan tidak langsung ( $p=0,299$ ) dengan aktivitas fisik.

**Kesimpulan:** Tidak terdapat hubungan antara kesehatan mental dengan aktivitas fisik pada remaja selama pandemi Covid-19 ( $p=0,848$ ) ( $p=0,664$ ) ( $p=0,503$ ).

**Kata Kunci:** depresi, kecemasan, stres, aktivitas fisik, remaja, dukungan, kontrol

**ASSOCIATION BETWEEN MENTAL HEALTH AND PHYSICAL ACTIVITY  
AMONG ADOLESCENT IN SMAN 1 YOGYAKARTA  
DURING COVID-19 PANDEMIC**

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**ABSTRACT**

**Background:** *The Covid-19 pandemic causes sudden changes in lifestyle that have an impact in adolescent psychological pressure, namely depression, stress, and anxiety. The psychological pressure can affect the level of physical activity of adolescents. Physical activity is useful for boosting immunity, which is very important during a pandemic. In addition to psychological pressure, parental support and control also affects the physical activity of adolescents. Until now, there have been no studies investigating the association between mental health and physical activity during the Covid-19 pandemic.*

**Aims:** *To understand the association between mental health and physical activity in adolescents at SMAN 1 Yogyakarta during Covid-19 pandemic.*

**Methods:** *This was an observational study with cross sectional design. The research subjects were 236 adolescents. Mental health was collected using DASS-21, physical activity was collected using IPAQ, parental support and parental control were collected using perceived parental support and parental control questionnaire. Data were analyzed using Spearman rho correlation.*

**Results:** *There was no relationship between mental health and physical activity in adolescents during the Covid-19 pandemic ( $p=0.411$ ) ( $p=0.547$ ) ( $p=0.097$ ). There were a relationship between direct support ( $p=0.004$ ) and parental control ( $p=0.042$ ) with physical activity. There was no relationship between indirect support ( $p=0.299$ ) and physical activity.*

**Conclusions:** *There was no relationship between mental health and physical activity in adolescents during the Covid-19 pandemic ( $p=0.411$ ) ( $p=0.547$ ) ( $p=0.097$ ).*

**Key Words:** *depression, anxiety, stress, physical activity, adolescent, support, control*