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Hubungan Tingkat Aktivitas Fisik dengan Health-related Quality of Life Mahasiswa Kedokteran di Era Pandemi COVID-19
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ABSTRAK

Latar Belakang: Pandemi COVID-19 memunculkan perubahan tatanan hidup seluruh lapisan masyarakat, termasuk mahasiswa kedokteran. Perubahan pembelajaran luring menjadi daring membuat banyak mahasiswa kedokteran tidak dapat melakukan aktivitas fisik yang bermanfaat. Manfaat aktivitas fisik yang banyak dapat direfleksikan menggunakan *health-related quality of life* (HRQOL). Penelitian mengenai hubungan tingkat aktivitas fisik dan HRQOL sudah pernah dilakukan di populasi yang bermacam-macam namun masih menimbulkan peredebatan terkait domain HRQOL mana yang berhubungan. Penelitian yang meneliti di populasi mahasiswa kedokteran juga belum pernah dilakukan. Maka dari itu, penelitian mengenai hubungan tingkat aktivitas fisik dan HRQOL pada mahasiswa kedokteran penting untuk dilakukan

Tujuan: Mengetahui hubungan antara tingkat aktivitas fisik dengan *health-related quality of life* (domain kesehatan fisik, psikologis, dan hubungan sosial) pada mahasiswa kedokteran di era pandemic COVID-19

Metode: Penelitian ini merupakan penelitian non-eksperimental kuantitatif dengan pendekatan potong-lintang. Sampel penelitian adalah 130 mahasiswa kedokteran di Universitas Gadjah Mada. Variabel yang diteliti adalah tingkat aktivitas fisik (menggunakan kuesioner *Global Physical Activity Questionnaire*) dan HRQOL (menggunakan kuesioner WHOQOL-BREF). Analisis bivariabel dilakukan dengan metode non-parametrik *Spearman's Correlation*.

Hasil: Mahasiswa kedokteran mayoritas memiliki tingkat aktivitas fisik yang rendah (46%), HRQOL domain kesehatan fisik yang tinggi (57%), HRQOL domain psikologis sedang (45%), dan HRQOL domain hubungan sosial yang tinggi (56%). Terdapat hubungan antara tingkat aktivitas fisik dengan HRQOL domain kesehatan fisik (p=0,047) dan hubungan sosial (p=0,035). Tidak terdapat hubungan antara tingkat aktivitas fisik dengan HRQOL domain psikologis (p=0,243) pada mahasiswa kedokteran di era pandemi COVID-19.

Kesimpulan: Terdapat hubungan antara tingkat aktivitas fisik dengan HRQOL domain kesehatan fisik dan hubungan sosial dan tidak terdapat hubungan dengan HRQOL domain psikologis.

Kata kunci: COVID-19, tingkat aktivitas fisik, *health-related quality of life*, mahasiswa kedokteran

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ABSTRACT

Background: The COVID-19 pandemic has brought about changes in the life order of all levels of society, including medical students. The shift from offline to online learning has prevented many medical students from engaging in useful physical activities. The many benefits of physical activity can be reflected using health-related quality of life (HRQOL). Research on the relationship between physical activity level and HRQOL has been carried out in various populations, but there is still debate regarding which HRQOL domain is related to physical activity level. Research examining the population of medical students has also never been done. Therefore, research on the relationship between physical activity level and HRQOL in medical students is important

Objective: To determine the relationship between the level of physical activity and health-related quality of life (physical, psychological, and social health domains) in medical students in the era of the COVID-19 pandemic.

Methods: This research is a quantitative non-experimental study with a cross-sectional approach. The research sample was 130 medical students at Gadjah Mada University. The variables studied were the level of physical activity (using the Global Physical Activity Questionnaire) and HRQOL (using the WHOQOL-BREF questionnaire). Bivariable analysis was carried out using Spearman's Correlation non-parametric method.

Results: The majority of medical students had low levels of physical activity (46%), high physical health domain HRQOL (57%), moderate psychological domain HRQOL (45%), and high social relations domain HRQOL (56%). There is a relationship between the level of physical activity with HRQOL domains of physical health (p=0,047) and social relationships (p=0,035). There is no relationship between physical activity level and psychological domain HRQOL (p=0,243) in medical students during the COVID-19 pandemic.

Conclusion: There is a relationship between the level of physical activity with the HRQOL domain of physical health and social relationships and there is no relationship with the HRQOL of the psychological domain.

Keywords: COVID-19, physical activity level, health-related quality of life, medical students