

## INTISARI

**Latar belakang:** Diperkirakan bahwa 81% remaja kurang aktif secara fisik yaitu 77,6% laki-laki dan 84,7% perempuan. Universitas Gadjah Mada merupakan salah satu kampus yang mendukung kampus sehat bagi seluruh sivitas akademika dengan dilakukannya deklarasi program *Health Promoting University* (HPU). Mahasiswa berada pada usia dimana rentan dengan perilaku *sedentary lifestyle*.

**Tujuan:** Mengetahui perbedaan tingkat aktivitas fisik mahasiswa tiap angkatan PSIK FK-KMK UGM

**Metode:** Penelitian ini merupakan penelitian deskriptif dengan pendekatan kuantitatif menggunakan data hasil penelitian payung, dengan rancangan *cross sectional*. Responden penelitian merupakan data aktivitas fisik mahasiswa PSIK FK-KMK UGM angkatan 2017-2020 sejumlah 229 data yang dikumpulkan menggunakan kuesioner *International Physical Activity Questionnaire* (IPAQ). Analisis data dilakukan menggunakan uji *Chi Square*.

**Hasil:** Tingkat aktivitas fisik mahasiswa PSIK FK-KMK UGM berdasarkan angkatan yaitu tahun 2020 sedang (60,5%), 2019 ringan (50%), 2018 sedang (47,1%) dan 2017 sedang (64,9%) . Terdapat perbedaan bermakna tingkat aktivitas fisik mahasiswa tiap angkatan ( $p = 0,027$ ).

**Kesimpulan:** Terdapat perbedaan tingkat aktivitas fisik mahasiswa PSIK tiap angkatan..

**Kata kunci :** Aktivitas fisik, Mahasiswa, Keperawatan

## ***ABSTRACT***

**Background:** It is estimated that 81% of teenagers are less physically active, namely 77.6% boys and 84.7% girls. UGM is one of the campuses that supports a healthy campus for the entire academic community by declaring the Health Promoting University (HPU) program. Students are at an age where they are vulnerable to sedentary lifestyle behavior..

**Objective:** Determine differences in the level of physical activity of students based on year academic of PSIK FK-KMK UGM

**Methods:** This research was a descriptive study with quantitative approach used data from umbrella research, with a cross sectional design. The research respondents were 229 physical activity data of PSIK FK-KMK UGM students from the 2017-2020 grade. Data was collected using the International Physical Activity Questionnaire (IPAQ). Data analysis was carried out using the Chi Square test.

**Results:** The level of physical activity of PSIK FK-KMK UGM students based on year academic are 2020 moderate (60.5%), 2019 walking (50%), 2018 moderate (47.1%) and 2017 moderate (64.9%). There is a significant difference in the level of physical activity of students in each generation ( $p = 0.027$ )

**Conclusion:** There are significant differences on nursing student based on year academic in the level of physical activity.

**Keywords:** Nursing, Physical Activity, Student