

HUBUNGAN KEGIATAN EKSTRAKURIKULER DAN DURASI SCREEN TIME DENGAN STATUS GIZI ANAK SEKOLAH DASAR DI KOTA YOGYAKARTA

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INTISARI

Latar Belakang: *Double-burden malnutrition*, status gizi anak yang rendah sekarang juga diikuti oleh naiknya prevalensi status gizi berlebih dan obesitas pada anak. Rendahnya aktivitas fisik pada anak usia sekolah dasar di Yogyakarta dapat menjadi salah satu risiko untuk status gizi anak. Aktivitas fisik ini diantaranya dapat dipengaruhi oleh kegiatan ekstrakurikuler dan durasi *screen time* anak.

Tujuan: Untuk mengetahui hubungan kegiatan ekstrakurikuler dan durasi *screen time* terhadap status gizi anak sekolah dasar di kota Yogyakarta.

Metode: Penelitian ini bersifat observasional dengan desain penelitian *cross-sectional* yang dimulai pada bulan Juli-September 2017 di Kota Yogyakarta. 128 orang anak menjadi sampel dalam penelitian ini dengan kriteria inklusi yaitu terdaftar sebagai murid sekolah dasar usia 9-12 tahun (kelas 3,4,5) dan telah bersedia melakukan penelitian dengan persetujuan oleh wali murid dengan informed consent. Variabel bebas yaitu kegiatan ekstrakurikuler yang diukur menggunakan modifikasi *PAQ-C (Physical Activity Questionnaire for Children)* dan durasi *screen time* yang mengukur durasi kegiatan menonton TV, bermain *smart-phone*, komputer dan *Play Station* jam per hari, sedangkan variabel terikat yaitu status gizi anak yang diukur menggunakan IMT/U lewat antropometri.

Hasil: Sebanyak 53% anak tidak aktif dalam ekstrakurikuler dan 65% anak memiliki durasi *screen time* lama (>2 jam/hari). Status gizi responden anak sebanyak 52% termasuk dalam kategori status gizi lebih. Jenis kegiatan ekstrakurikuler yang paling banyak diikuti anak sekolah antara lain senam, berenang, bulu tangkis, sepak bola. Menonton televisi dan bermain *smart-phone* menjadi sumbangsih terbanyak dalam durasi *screen time* pada anak sekolah dasar di Kota Yogyakarta dengan rata-rata total durasi *screen time* anak 3 jam per hari. Uji *Chi-Square* antara kegiatan ekstrakurikuler terhadap status gizi anak memiliki nilai $p=0,885$ sedangkan durasi *screen time* terhadap status gizi anak memiliki nilai $p=0,017$ dengan rasio prevalensi 1,66.

Kesimpulan: Tidak terdapat hubungan antara kegiatan ekstrakurikuler terhadap status gizi anak sekolah dasar di Kota Yogyakarta ($p>0,05$). Terdapat hubungan durasi *screen time* terhadap status gizi anak sekolah dasar di Kota Yogyakarta ($p<0,05$).

Kata kunci: Kegiatan Ekstrakurikuler, Durasi *Screen Time*, Status Gizi, Anak Sekolah Dasar

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THE RELATIONSHIP BETWEEN EXTRACURRICULAR ACTIVITY AND SCREEN TIME DURATION WITH NUTRITION STATUS OF ELEMENTARY SCHOOL CHILDREN IN YOGYAKARTA CITY

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ABSTRACT

Background: Double-burden malnutrition, low child's nutritional status is now also followed by an increased prevalence of excess nutritional status and obesity in children. Lower physical activity in elementary school-age children in Yogyakarta can be the risk to their nutritional status. This physical activity may be influenced by extracurricular activities and the duration of the children screen time.

Objective: To study the relationship between extracurricular activity and screen time duration with nutritional status of elementary school children in Yogyakarta city.

Methods: This study was an observational study with a cross-sectional research design that started in July-September 2017 in Yogyakarta City. 128 children were sampled in this study with inclusion criteria of being enrolled as 9-12 years of primary school students (grade 3,4,5) and had been willing to conduct research with the consent of the guardian with informed consent. The independent variables were extracurricular activities measured by using modified PAQ-C (Physical Activity Questionnaire for Children) and screen time duration that measured the duration of TV viewing, playing smart-phone, computer and PlayStation hours per day. While the dependent variable was the children nutritional status that measured by using IMT / U through anthropometry.

Result: 53% of children are not active in extracurricular and 65% of children had duration of long screen time (>2 hours/ day). There were 52% of child respondent that included in excess nutritional status. The most followed extracurricular activity by the students are gymnastics, swimming, badminton, and soccer. Watching television and playing smart-phone make the most contribution to the duration of screen time in elementary school children in Yogyakarta with an average total duration of 3 hours per day. Chi-Square test between extracurricular activities and children nutritional status has p value = 0.885 while the duration of screen time and children nutritional status has p -value = 0,017 with prevalence ratio 1.66.

Conclusion: There is no significant correlation between extracurricular activity with nutritional status of elementary school-age children in Yogyakarta City ($p > 0,05$). While there is a significant correlation between screen time duration with nutritional status of elementary school-age children in Yogyakarta City ($p < 0,05$).

Keywords: Extracurricular activity, screen time duration, nutritional status, elementary school-age children

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