

The Pattern of Physical Activity Based on Gender Occupation and Income Among Yogyakarta Community

Avitasari Devy¹, Supriyati², Lazuardi Lutfan²

Background: DIY Health Department survey results from 2004 to 2009 showed that the deaths were caused by the dominance of Non Communicable Diseases (NCD) has reached more than 80% in DIY. This increase was proportional with increasing risk behaviors toward NCD. Based WHO recommendations, non-communicable diseases could be controlled by physical activity sufficiently. Patterns of physical activity influenced sociodemographics factor such as gender, income, and employment.

Purpose: The study was aimed to determine pattern of physical activity based on gender, occupation, and income in Yogyakarta community.

Method: This study was a cross-sectional study with data collection using secondary data of Basic Health Research 2007. Subject in this study were respondent aged 20 to 60 years.

Result: Most of the DIY community have been physical activity sufficiently with a percentage of 73.97%. Based on gender, respondents who had enough physical activity among women (51.1%) almost equal with the men (48.9%). Based on income, respondents with physical activity sufficiently decreased consecutively from quintile 1 until quintile 5. The number of respondents in each quintile group who did physical activity sufficiently reached two thirds of the total respondents each kuintilnya. Based on the work, the group is not an office job that had physical activity sufficiently (80.4%) more than group of occupation in office and group of not working.

Conclusion: DIY community physical activity patterns among women and men almost equal. Based on occupation, group of respondents who had sufficient physical activity largest was occupation in office and there was a tendency increased income also increased the physical activity.

Keywords: *physical activity, gender, income, occupation*

¹ Undergraduate Student in Medicine, Faculty of Medicine UGM, devyekal@yahoo.com

² Division of Public Health, Faculty of Medicine UGM

**POLA AKTIVITAS FISIK BERDASARKAN JENIS KELAMIN,
PEKERJAAN, DAN PENDAPATAN PADA MASYARAKAT DAERAH
ISTIMEWA YOGYAKARTA (DIY)**

Avitasari, Devy³, Supriyati⁴, Lazuardi, Lutfan²

Latar belakang: Hasil survey Dinas Kesehatan DIY dari tahun 2004 hingga 2009 menunjukkan bahwa dominasi kematian akibat penyakit tidak menular (PTM) sudah mencapai lebih dari 80% DIY. Peningkatan tersebut sebanding dengan peningkatan perilaku berisiko PTM seperti merokok, diet rendah lemak, aktivitas fisik dll. Salah satu rekomendasi WHO untuk mengendalikan PTM yang efektif adalah dengan melakukan aktivitas fisik cukup. Pola aktivitas fisik dipengaruhi faktor sosiodemografi seperti jenis kelamin, pendapatan, dan pekerjaan.

Tujuan: Penelitian ini bertujuan mengetahui pola aktivitas fisik masyarakat DIY berdasarkan jenis kelamin, pendapatan, dan pekerjaan.

Metode: Penelitian ini merupakan jenis penelitian *analytic descriptive* potong lintang (*cross sectional study*) dengan menggunakan data sekunder Riskesdas 2007. Subjek penelitian adalah responden Riskesdas 2007 DIY usia 20-60 tahun.

Hasil: Sebagian besar masyarakat DIY telah melakukan aktivitas fisik cukup dengan presentase sebesar 73,97%. Berdasarkan jenis kelamin, responden yang memiliki aktivitas fisik cukup antara perempuan (51,1%) hampir berimbang dengan laki-laki (48,9%). Berdasarkan pendapatan, responden dengan aktivitas fisik cukup secara berturut-turut dari kuintil 1 sampai kuintil 5 mengalami penurunan. Jumlah responden yang melakukan aktivitas fisik cukup mencapai dua pertiga responden dari total responden tiap kuintilnya. Berdasarkan pekerjaan, kelompok pekerjaan bukan kantoran yang memiliki aktivitas fisik cukup lebih banyak (80,4%) dibandingkan kelompok kantoran dan tidak bekerja.

Kesimpulan: sama, dan pola yang berbeda ditemukan pada kelompok berdasarkan pekerjaan.

Kata Kunci: *Aktivitas fisik, jenis kelamin, pendapatan, pekerjaan*

³ Mahasiswa S1 Pendidikan Dokter, Fakultas Kedokteran UGM, devyekal@yahoo.com

⁴ Bagian Ilmu Kesehatan Masyarakat, Fakultas Kedokteran UGM