

INTISARI

Latar Belakang: Gizi lebih atau obesitas dan *screen-based activities* pada kalangan remaja akhir menjadi *trand* serta permasalahan Indonesia bahkan dunia saat ini. *Screen-based activities* berlebihan merupakan bagian dari kebiasaan sedentari ini lah yang diduga sebagai salah satu faktor risiko gizi lebih atau obesitas. Dikarenakan gizi lebih pada remaja berhubungan signifikan dengan risiko kesehatan jangka pendek dan panjang maka perlu perhatian serius.

Tujuan: Meneliti hubungan *screen-based activities* dengan *overweight*, lingkaran pinggang, dan persen lemak tubuh pada rentang usia remaja akhir, 18-21 tahun.

Rancangan Penelitian: Penelitian observational dengan rancangan *cross-sectional* dan 91 subjek penelitian yang dipilih melalui teknik *proporsional random sampling*. Data diperoleh melalui pengukuran dan pengisian kuesioner aktivitas fisik *screen-based activities* dalam seminggu terakhir dan *recall* 3x24 jam. Semua variabel dianalisis menggunakan *Chi-Square/Fisher* yang dilanjutkan dengan regresi logistik biner.

Hasil: Terdapat hubungan bermakna secara statistik antara durasi menggunakan *smartphone* dan atau tablet ($p=0,023$), asupan energi saat SBA ($p=0,006$) dengan *overweight* usia 18-21 tahun. Asupan energi saat SBA berlebih merupakan satu-satunya faktor prediktor kejadian *overweight* (Koef (B)=-1,516 Nilai Epx (B)=4,634; 95%CI:1,340-16,030). Jenis kelamin perempuan berpeluang masing-masing 4,5 dan 4,2 kali untuk mengalami lingkaran pinggang dan persen lemak tubuh yang berlebih dibandingkan laki-laki (Nilai Epx (B)=4,528; 95%CI:1,368-14,985 & Nilai Epx (B)=4,184; 95%CI:1,624-10,779). Jenis kelamin perempuan dan durasi menggunakan *smartphone* dan atau tablet >2 jam/hari secara bersama sebagai faktor prediktor kejadian lingkaran pinggang berlebih.

Kesimpulan: *Screen-based Activities* terutama durasi penggunaan *smartphone* dan atau tablet pada usia 18-21 tahun >2jam/hari berpeluang untuk memiliki kejadian *overweight*. Perlu penelitian lebih lanjut dengan mempertimbangkan kelemahan penelitian saat ini.

Kata Kunci: *late adolescence, screen-based activities, moderate-vigorous activities, overweight, abdominal obesity, excess percent of body fat*

ABSTRACT

Background: Overweight or obesity and screen-based activities among late adolescence become trend and problematical of Indonesia and the world today. These excessive screen-based activities was part of sedentary behavior that to be a risk factor of overweight or obesity. Due to overweight or obesity in adolescence have significant association with short and long term health risks so need serious attention.

Objective: The aim was to examine the relationship of screen-based activities with overweight, excessive waist circumference/central obesity, and excess percent of body fat in late adolescence, 18-21 years.

Study Design: A observational study with cross-sectional was conducted, where 83 subjects were selected through proportional random sampling technique. Data obtained through measurements and questionnaires of physical activity screen-based activities in the past week and recall 3x24 hours. All variables were analyzed using Chi-Square/Fisher followed by binary logistic regression.

Results: There were statistically significant relationship between the duration of using a smartphone and or tablet ($p = 0.023$), energy intake while SBA ($p = 0,006$) in 18-21 years old and overweight. In present study, excess energy intake while SBA is currently the only factor predictor of overweight (Koef (B)=-1,516; Epx Value (B)=4,634; 95% CI: 1,340-16,030). Female's chanced respectively 4,5 and 4,2 times to excessive waist circumference and excess percent of body fat than male (Epx Value (B) = 4.528; 95% CI: 1,368 - 14,985 & Epx Values (B)=4,184; 95% CI: 1,624 - 10,779). Female and duration of using a smartphone and or tablet >2 hours/day together as a predictor factor of central obesity incident.

Conclusion: Screen-based Activities especially duration of using a smartphone and or tablet >2 hours/day in aged 18-21 years old had can tobe *overweight*. The future study should consider this study weakness.

Keywords: late adolescence, screen-based activities, moderate-vigorous activities, overweight, abdominal obesity, excess percent of body fat



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**HUBUNGAN SCREEN-BASED ACTIVITIES DENGAN INDEKS MASSA TUBUH, LINGKAR PINGGANG,
DAN PERSEN LEMAK TUBUH
PADA USIA 18-21 TAHUN**

DARMAYEMI PUTRI, A.Fahmy Arif Tsani; Emy Huriyati

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