

HUBUNGAN LINGKUNGAN FISIK RUMAH DAN SCREEN TIME DENGAN AKTIVITAS FISIK PADA ANAK USIA SEKOLAH DI KOTA YOGYAKARTA

Imtiyaz Karima¹, A. Fahmy Arif Tsani², Emy Huriyati³

INTISARI

Latar Belakang: Tingginya angka aktivitas fisik kurang di Yogyakarta. Lingkungan pemukiman yang kurang kondusif dan penggunaan teknologi berbasis layar (televisi, telepon genggam, *video games*, komputer) yang berlebihan dapat mengarah kepada kurangnya aktivitas fisik pada anak yang di kemudian hari dapat berakibat pada permasalahan status gizi lebih/obesitas.

Tujuan: Untuk mengetahui hubungan lingkungan fisik rumah dan *screen time* dengan aktivitas fisik.

Metode: Studi observasional dengan rancangan *cross-sectional*, pada bulan September – November 2017 di SD Negeri Lempuyangwangi dan SD Muhammadiyah Suronatan. Sampel sejumlah 100 orang ditentukan dengan kriteria inklusi yaitu siswa kelas 3 – 5 SD, tinggal serumah dengan orangtuanya, dan orangtuanya mengizinkan untuk menjadi responden. Variabel bebas yaitu lingkungan fisik rumah dan *screen time* masing – masing diukur dengan kuesioner modifikasi NEWS – Y (*Neighborhood Environment Walkability Scale for Youth version Parents*) dan kuesioner *screen time* yang mengukur lama penggunaan televisi, *handphone*, *video games*, dan komputer/internet selama 1 minggu. Lingkungan fisik rumah dikategorikan menjadi tidak mendukung (<14) dan mendukung (≥ 14). *Screen time* dikategorikan menjadi durasi tinggi (>2 jam) dan durasi normal (≤ 2 jam). Variabel terikat adalah aktivitas fisik diukur menggunakan kuesioner modifikasi PAQ – C (*Physical Activity Questionnaire for Children*) yang dikategorikan menjadi kurang (<69) dan baik (≥ 69). Data dianalisis menggunakan uji *Chi-square*.

Hasil: Sebanyak 53,0% responden memiliki lingkungan fisik rumah mendukung, 64,0% mempunyai *screen time* durasi tinggi, dan 53,0% mempunyai aktivitas fisik kurang. Hasil uji *chi-square* menunjukkan hubungan antara lingkungan fisik rumah dengan aktivitas fisik memiliki nilai p 0,041 dan rasio prevalensi 1,48. Hubungan antara *screen time* dengan aktivitas fisik memiliki nilai p 0,011 dan rasio prevalensi 1,73.

Kesimpulan: Lingkungan fisik rumah dan *screen time* mempunyai hubungan yang bermakna dengan aktivitas fisik pada anak usia sekolah ($p < 0,05$).

Kata Kunci: lingkungan rumah, *screen time*, aktivitas fisik, anak sekolah

¹Mahasiswa Program Studi S1 Gizi Kesehatan Fakultas Kedokteran UGM

²Dosen Departemen Gizi Kesehatan Fakultas Kedokteran UGM

³Dosen Departemen Gizi Kesehatan Fakultas Kedokteran UGM

THE RELATIONSHIP BETWEEN HOME ENVIRONMENT AND SCREEN TIME WITH PHYSICAL ACTIVITY OF SCHOOL-AGED CHILDREN IN YOGYAKARTA

Imtiyaz Karima¹, A. Fahmy Arif Tsani², Emy Huriyati³

ABSTRACT

Background: The high number of low physical activity in Yogyakarta. Less conducive residential environments and the use of screen-based technologies (televisions, mobile phones, video games, computers) can lead to a lack of physical activity in children that may lead to nutritional status problem/obesity.

Objective: To study the relationship of home environment and screen time with physical activity

Methods: This study was an observational research with cross sectional design. The study was conducted in SD Negeri Lempuyangwangi and SD Muhammadiyah Suronatan started from September – November 2017. There were 100 students participating in this study who met inclusion criteria such as grade 3rd – 5th, living with parents, and have parents permission to participate. Independent variable used in this study including home environment and screen time. Each variable examined using modification of NEWS – Y (Neighborhood Environment Walkability Scale for Youth version Parents) questionnaire and the screen time questionnaire that measures the use of television, mobile phones, video games, and computers/internet for one week. Home environment were categorized into not supportive (<14) and supportive (≥14). Screen time were categorized into high (>2 hours) and normal (≤2 hours). Dependent variable in this study were physical activity that measured with modification of PAQ – C (Physical Activity Questionnaire for Children). Physical activity were categorized into less (<69) and good (≥69). Data were analyzed with Chi – square test.

Results: Among the subjects, 53,0% respondents have a supportive home environment, 64,0% have high duration time, and 53,0% have less physical activity. Chi – square test results show the relationship between home environment with physical activity has a p value 0,041 and prevalence ratio 1,48. The relationship between screen time and physical activity has a p value 0,011 and prevalence ratio 1,73.

Conclusion: Home environment and screen time has a significant relationship with physical activity in school-aged children (p<0,05)

Keywords: home environment, screen time, physical activity, children

¹Student of Health and Nutrition Undergraduate Program, Faculty of Medicine, UGM

²Lecturer of Health and Nutrition Department, Faculty of Medicine, UGM

³Lecturer of Health and Nutrition Department, Faculty of Medicine, UGM