

ABSTRAK

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HUBUNGAN POLA MAKAN, AKTIVITAS FISIK, DAN KUALITAS TIDUR
DENGAN KEJADIAN OBESITAS PADA REMAJA DI SMP SANTO YOSEF
SURABAYA

xviii + 93 Halaman + 13 Tabel + 8 Lampiran

Obesitas pada remaja ialah problem nutrisi yang semakin naik serta memicu efek terhadap kesehatan jangka panjang. Keadaan gizi ditentukan oleh bermacam aspek, contohnya pola makan, aktivitas fisik, serta kualitas tidur. Pola makan yang kurang ideal, aktivitas fisik yang minim, serta kualitas tidur yang buruk sanggup memicu disproporsi energi sehingga menaikkan probabilitas obesitas. Riset ini bermaksud guna mengkaji korelasi pola makan, aktivitas fisik, serta kualitas tidur dengan kemunculan obesitas pada remaja di SMP Santo Yosef Surabaya. Riset ini mempergunakan rancangan observasional analitik memakai pendekatan cross sectional. Subjek riset sejumlah 62 murid yang ditentukan memakai teknik simple random sampling. Informasi pola makan dihimpun memakai *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), aktivitas fisik memakai *Physical Activity Level* (PAL), kualitas tidur memakai *Pittsburgh Sleep Quality Index* (PSQI), serta pengukuran berat badan serta tinggi badan guna menetapkan keadaan gizi berdasar IMT/U. Analisis data memakai uji Spearman serta regresi logistik. Temuan riset memperlihatkan bahwasanya 32,3% partisipan mengalami obesitas, 54,8% mempunyai pola makan kurang baik, 51,6% mempunyai aktivitas fisik rendah, serta 48,4% mempunyai kualitas tidur kurang baik. Temuan uji Spearman memperlihatkan eksistensi korelasi bermakna antara pola makan ($p=0,000$), aktivitas fisik ($p=0,013$), serta kualitas tidur ($p=0,009$) dengan kemunculan obesitas. Temuan regresi logistik memperlihatkan bahwasanya aktivitas fisik ialah aspek yang paling berdampak pada kemunculan obesitas ($p=0,021$; $OR=0,142$). Disimpulkan bahwasanya pola makan, aktivitas fisik, serta kualitas tidur berkorelasi dengan kemunculan obesitas pada remaja, dengan aktivitas fisik sebagai faktor dominan. Sekolah disarankan guna mengoptimalkan edukasi gizi, aktivitas fisik, serta penerapan pola tidur yang ideal sebagai bentuk pencegahan obesitas pada remaja.

Kata kunci: Pola Makan, Aktivitas Fisik, Kualitas Tidur, Obesitas, Remaja.

Daftar Bacaan: 5 buku + 88 Jurnal (2020-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN DIETARY PATTERNS, PHYSICAL ACTIVITY, AND SLEEP QUALITY WITH THE INCIDENCE OF OBESITY IN ADOLESCENTS AT SMP SANTO YOSEF SURABAYA

xviii + 93 Pages + 13 Tables + 8 Attachments

Adolescent obesity is an increasingly prevalent nutritional problem and may have long-term health consequences. Nutritional status constitutes a nutritional issue that continuously rises and triggers effects on long-term health. Nutritional status is determined by various components, encompassing dietary habits, physical exertion, and sleep excellence. Imbalanced dietary habits, minimal physical exertion, and subpar sleep excellence can provoke an imbalance between caloric intake and energy expenditure, thereby escalating the probability of adiposity among teenagers. This investigation intends to examine the correlation concerning dietary habits, physical exertion, and sleep excellence with the emergence of adiposity among adolescents at Santo Yosef Junior High School Surabaya. This investigation employed an analytical observational design utilizing a cross-sectional approach. The sample comprised 62 pupils chosen utilizing simple random sampling techniques. Data regarding dietary habits were gathered utilizing a semi-quantitative food frequency questionnaire, physical exertion was evaluated utilizing physical activity levels, and sleep excellence was quantified utilizing the Pittsburgh sleep quality index. Body mass and stature measurements were additionally executed to ascertain nutritional state based on body mass index for age. Data were scrutinized utilizing Spearman rank correlation and logistic regression scrutiny. The findings demonstrated that 32.3% of subjects experienced adiposity, 54.8% possessed substandard dietary habits, 51.6% possessed minimal physical exertion, and 48.4% possessed subpar sleep excellence. Spearman test findings delineated the existence of a significant correlation between dietary habits ($p = 0.000$), physical exertion ($p = 0.013$), and sleep excellence ($p = 0.009$) with the emergence of adiposity. Logistic regression scrutiny disclosed that physical exertion represented the most impactful factor associated with adiposity among teenagers ($p = 0.021$; $OR = 0.142$). In summation, dietary habits, physical exertion, and sleep excellence significantly correlated with adiposity among teenagers, with physical exertion acting as the principal factor. Educational institutions are advised to optimize nutritional pedagogy, elevate physical exertion, and encourage favorable sleep routines as preventive measures against adiposity among teenagers.

Keywords: Eating Pattern, Physical Activity, Sleep Quality, Obesity, Adolescents.

References: 5 books and 88 journal articles (2020–2025).