

**HUBUNGAN *SEDENTARY BEHAVIOUR* DAN DURASI TIDUR DENGAN
COGNITIVE FUNCTION PADA ANAK USIA DINI**

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Diajukan Untuk Memenuhi Sebagian Syarat Mendapatkan Gelar Sarjana Olahraga
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oleh

Shidqi Maulida
NIM 1607419

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HAK CIPTA

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Oleh:

Shidqi Maulida

Skripsi yang diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Olahraga (S1) pada Fakultas Pendidikan Olahraga dan Kesehatan Program Studi Ilmu Keolahragaan

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LEMBAR PENGESAHAN

SHIDQI MAULIDA

HUBUNGAN *SEDENTARY BEHAVIOUR* DAN DURASI TIDUR DENGAN
COGNITIVE FUNCTION PADA ANAK USIA DINI

diajukan dan disahkan oleh pembimbing:

Pembimbing I



Dr. Surdiniaty Ugelta, M.Kes., AIFO.
NIP. 195911041986 01 1001

Pembimbing II



Jajat, S.Si., M.Pd.
NIPT. 9202001 19810529 101

Mengetahui

Ketua Departemen Pendidikan Kesehatan dan Rekreasi



Mustika Fitri, M.Pd., Ph.D
NIP. 19681220 199802 2 001

ABSTRAK

HUBUNGAN *SEDENTARY BEHAVIOUR* DAN DURASI TIDUR DENGAN *COGNITIVE FUNCTION* PADA ANAK USIA DINI

Shidqi Maulida

1607419

Ilmu Keolahragaan FPOK UPI

Pembimbing I : Dr. Surdiniaty Ugelta, M.Kes., AIFO.

Pembimbing II : Jajat, S.Si., M.Pd

Sedentary behaviour (SB) dan durasi tidur yang dilakukan diindikasikan sebagai salah satu kontributor beberapa masalah kesehatan. Khususnya pada kemampuan fungsi kognitif pada anak, seperti kurang lancarnya sinyal saraf, rendahnya tingkat konsentrasi dan aspek kognitif lainnya. Penelitian dilakukan ditujukan untuk mengeksplorasi hubungan sedentary behaviour dan durasi tidur dengan fungsi kognitif pada anak usia dini. Korelasi kuantitatif digunakan untuk menguji hubungan yang terjadi dengan desain penelitian korelasi tunggal. Subjek penelitian berjumlah 42 orang anak yang berusia 4 tahun yang mengikuti kegiatan belajar di sekolah di kota Bandung, Jawa Barat. Terdapat 2 instrumen yang digunakan dalam pengambilan data, yaitu Accelerometer Actigraph GT3X untuk merekam lama waktu SB dan Early Years Toolbox untuk menguji kemampuan fungsi kognitif anak. Hasil analisis data penelitian menyatakan hubungan yang signifikan sedentary behaviour dengan fungsi kognitif dengan nilai $p=.039 < 0.05$ dan nilai koefisien korelasi .158. Durasi tidur berhubungan dengan fungsi kognitif dengan nilai $p=.042 < 0.05$ dan nilai koefisien korelasi .111. Lama waktu sedentary behaviour yang dilakukan harus dibatasi menjadi <2 jam sehari, memiliki waktu tidur yang cukup dan membiasakan anak berpartisipasi dalam aktivitas fisik akan memberikan kontribusi yang bagus kepada perkembangan fungsi kognitif anak.

Kata kunci: Sedentary behaviour, Durasi Tidur, Cognitive Function, Anak Usia Dini

ABSTRACT
**THE RELATIONSHIP OF SEDENTARY BEHAVIOUR AND SLEEP
DURATION WITH COGNITIVE FUNCTION IN EARLY CHILDREN**

Shidqi Maulida
NIM. 1607419

Adviser : **Dr. Surdiniaty Ugelta, M.Kes., AIFO.**
: **Jajat, S.Si., M.Pd**

Sedentary behaviour (SB) and sleep duration are one of the contributors to several health conditions, especially in the ability of cognitive function in children, such as lack of fluency in nerve signals, level of concentration and other cognitive aspects in children. The research was carried out to explore sedentary behaviour and sleep duration with cognitive function in early childhood. Quantitative correlation is used to examine the relationships that occur with designs based on a single correlation design. The research subjects were 42 children aged 4 years old who participated in learning activities at schools in Bandung city, West Java. There are 2 instruments used in data collection, it is Accelerometer Actigraph GT3X to record duration of time SB and Early Years Toolbox to test children's cognitive function skills. The results of the data analysis were related to the significant relationship between sedentary behaviour and cognitive function with $p\text{-value} = .039 < .05$ and a coefficient correlation .158. Sleep duration is associated with cognitive function with a $p\text{-value} = .042 < 0.05$ and a coefficient correlation .111. The duration of sedentary behaviour should be < 2 hours a day, having adequate sleep and getting the child used to physical activity will make a good contribution to the development of children's cognitive function.

Keywords: Sedentary behaviour, Sleep Duration, Cognitive Function, Early Childhood

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