

POLA MAKAN DAN GAYA HIDUP AKTIF SISWA SD PADA ERA COVID-19

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



oleh

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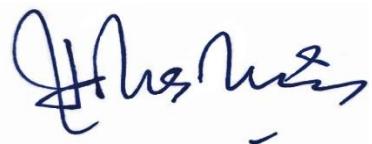
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ABSTRAK

POLA MAKAN DAN GAYA HIDUP AKTIF SISWA SD PADA ERA COVID-19

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Dosen Pembimbing I: Dr. dr. Imas Damayanti, M.Kes.

Penelitian ini bertujuan untuk menganalisis dampak langsung pandemi Covid-19 terhadap kebiasaan makan dan gaya hidup aktif pada siswa SD yang sedang dalam masa pertumbuhan. Sebanyak 168 siswa SD di Kabupaten Garut dilibatkan dalam penelitian ini. Desain penelitian menggunakan kuantitatif deskriptif dilakukan dengan cara survei menggunakan kuesioner adaptasi *Eating Habits & Lifestyle Changes During Covid-19* yang disebar *online* melalui *Goggle Form*. Hasil dari penelitian menunjukkan bahwa 49,4% siswa SD menyatakan persepsi tidak mengalami perubahan nafsu makan selama periode Covid-19 dengan kepatuhan pola makan sehat tingkat sedang dan pada gaya hidup aktif siswa yang tidak berolahraga mengalami peningkatan sebanyak 32,1% selama pandemi Covid-19 serta bagi siswa yang berolahraga melaksanakan 1-2 kali/minggu dengan olahraga yang paling diminati yaitu lari, latihan tanpa beban, sepak bola, renang, bola voli, dan kebugaran aerobik. Dengan demikian, pola makan dan gaya hidup aktif siswa SD pada era pandemi Covid-19 tidak banyak mengalami perubahan. Hal tersebut bisa terjadi karena kebiasaan pola asuh orang tua yang sudah dibiasakan pada siswa SD. Oleh karena itu, perhatian orang tua atau guru sangat berperan penting untuk menunjang kebiasaan makan sehat dan gaya hidup aktif siswa SD untuk masa pertumbuhan.

Kata Kunci: Anak, Covid-19, EHLC-Covid19, Gaya Hidup Aktif, Pola Makan

ABSTRACT

EATING HABITS AND LIFESTYLE OF ELEMENTARY SCHOOL STUDENTS DURING COVID-19

Natasya Nurpramita

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Adviser : Dr. dr. Imas Damayanti, M.Kes.

This study aims to analyze the direct impact of the Covid-19 pandemic on eating habits and active lifestyles in elementary school students who were still growing. A total of 168 elementary students in Garut were involved in this study. The research design using descriptive quantitative was carried out by means of a survey method using the Eating Habits & Lifestyle Changes During Covid-19 adaptation questionnaire which was distributed online through the Goggle Form. The results of the study showed that 49.4% of elementary school students stated that their perception of having no change in appetite during the Covid-19 period with adherence to a moderate level of healthy eating patterns and active lifestyles of students who did not exercise increased by 32.1% during the Covid-19 pandemic and students who exercise carry out 1-2 times/week with the most popular sports, namely running, body weight training, football, swimming, volleyball, and aerobic fitness. Thus, the eating habits and lifestyle of elementary students during the Covid-19 pandemic did not change much. This can occur because of the habits of parenting that have been accustomed to elementary school students. Therefore, the attention of parents or teachers is very important to support healthy eating habits and active lifestyles of elementary school students for their growth period.

Keywords: Children, Covid-19, EHLC-Covid19, Lifestyle, Eating Habits

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