

PERBANDINGAN POLA MAKAN DAN GAYA HIDUP AKTIF SISWA
BERDASARKAN JENJANG SEKOLAH PADA ERA COVID-19

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Olahraga
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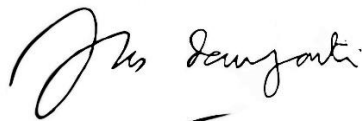
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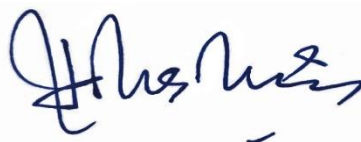
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ABSTRAK

PERBANDINGAN POLA MAKAN DAN GAYA HIDUP AKTIF SISWA BERDASARKAN JENJANG SEKOLAH PADA ERA COVID-19

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

Peneliti melakukan penelitian yang bertujuan untuk menguji perbandingan pola makan dan gaya hidup aktif siswa berdasarkan jenjang sekolah pada periode Covid-19. Jumlah sampel pada penelitian ini sebanyak 456 siswa dari jenjang SD, SMP, dan SMA di Kabupaten Garut. Penelitian dilaksanakan dengan metode komparatif menggunakan kuesioner adaptasi *Eating Habits & Lifestyle Changes During Covid-19* yang disebar melalui *Google Form Online* kepada siswa. Hasil dari penelitian ini menunjukkan bahwa terdapat perbedaan pola makan sehat siswa berdasarkan jenjang sekolah dengan nilai signifikansi $0.000 < 0.05$, selain itu 40,1% siswa mengalami perubahan nafsu makan yang lebih banyak dan siswa yang tidak melakukan aktivitas fisik selama periode Covid-19 mengalami peningkatan 23,9%.

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

ABSTRACT

**COMPARISON OF EATING HABITS AND LIFESTYLE STUDENTS BASED
SCHOOL DURING COVID-19**

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Researchers conducted research aimed at examining the comparison of students' eating patterns and active lifestyles based on school levels during the Covid-19 period. The total sample in this study were 456 students from elementary, junior high and high school levels in Garut. The research was conducted using a comparative method using an adaptation questionnaire of Eating Habits & Lifestyle Changes During Covid-19 which is distributed via Google Form Online to students. The results of this study indicate that there are differences in the healthy eating patterns of students based on school level with a significance value of $0.000 < 0.05$, besides that 40.1% of students experienced more changes in appetite and students who did not do physical activity during the Covid-19 period experienced an increase 23.9%.

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

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