

Pola Makan Dan Gaya Hidup Aktif Siswa SMA Pada Era Covid-19

Skrpsi

Diajukan Untuk Memenuhi Sebagian Syarat Untuk Memperoleh Gelar Sarjana
Olahraga Program Studi Ilmu Keolahragaan



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HAK CIPTA

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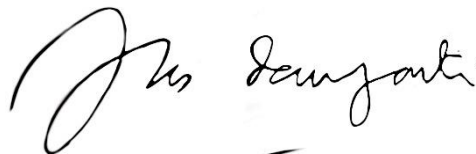
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ABSTRAK

Pola makan serta gaya hidup aktif adalah salah satu hal terpenting demi menjaganya imunitas tubuh yang sekarang ini menjadi pusat perhatian di masa pandemi Covid-19. Pola makan adalah kebiasaan makan serta asupan nutrisi yang masuk ke dalam tubuh seseorang, sedangkan gaya hidup aktif adalah sebuah kondisi aktifitas fisik yang dilakukan oleh seseorang dalam keseharian dalam menjalani aktifitas sehari-hari. Peneliti ingin mengetahui bagaimana pola makan serta gaya hidup siswa SMA pada era Covid-19. Metode penelitian dalam penelitian ini menggunakan pendekatan metode deskriptif kualitatif. Sebanyak 157 responden siswa SMA di Kabupaten Garut yang telah menjadi sampel dan ikut berpartisipasi dalam penelitian ini. Dalam penelitian ini, peneliti menggunakan pengambilan sampel dengan tehnik random sampling. Instrument yang digunakan dalam penelitian ini adalah Kuisisioner EHLC-C19 (Eating Habits and Life Changes During Covid-19) untuk menggambarkan bagaimana kebiasaan pola makan serta gaya hidup aktif pada era pandemi Covid-19. Hasil dari penelitian ini dianalisis menggunakan deskriptif statistik Frequences pada SPSS versi 16.

Kata Kunci: Gaya Hidup Aktif, Pola Makan, Remaja SMA, EHLC-COVID-19

ABSTRACT

Eating habit and an active lifestyle are one of the most important things in order to maintain immunity, which is currently the center of attention during the Covid-19 pandemic. Diet is a habit of eating and the intake of nutrients that enter a person's body, while an active lifestyle is a condition of physical activity carried out by a person in his daily activities in carrying out his daily activities. Researchers want to find out how the diet and lifestyle of high school students in the Covid-19 era. The research method in this study uses a qualitative descriptive method approach. A total of 157 high school student respondents in Garut Regency who have been sampled and participated in this study. In this study, researchers used random sampling technique. In this study, researchers used random sampling technique. The instrument used in this study was the EHLC-C19 (Eating Habits and Life Changes During Covid-19) Questionnaire to describe how eating habits and active lifestyles were during the Covid-19 pandemic era. The results of this study were analyzed using descriptive statistics on Frequences in SPSS version 16.

Keywords: Active Lifestyle, Eating Habits, High School Students, EHLC-COVID-19

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