

SEDENTARY BEHAVIOUR SISWA PADA ERA PANDEMI COVID-19
SKRIPSI

diajukan untuk memenuhi sebagian syarat mendapatkan gelar sarjana olahraga

Program Studi Ilmu Keolahragaan



Oleh

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PROGRAM STUDI
ILMU KEOLAHRAGAAN
FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
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HAK CIPTA

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ABSTRAK
SEDENTARY BEHAVIOUR SISWA PADA ERA PANDEMI COVID-19

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Pandemi Covid-19 yang mengharuskan segala bentuk kegiatan dibatasi menjadikan seluruh masyarakatnya berkegiatan di rumah menjadikan meningkatnya perilaku *sedentary*. Dalam penelitian terakhir menunjukkan bahwa pada anak-anak dan remaja banyak yang menghabiskan waktu untuk perilaku menetap dibandingkan dengan sebelum wabah *Covid-19*. Penelitian ini bertujuan untuk mengetahui gambaran pola perilaku *sedentary* pada siswa SD, SMP, SMA dan menguji apakah terdapat perbedaan pola perilaku *sedentary* pada siswa SD, SMP, SMA. Sampel yang digunakan sebanyak 60 orang siswa dari setiap jenjang SD, SMP, SMA dimana tiap jenjangnya dibagi menjadi 20 orang siswa. Instrumen yang digunakan dalam penelitian ini menggunakan Accelerometer. Accelerometer yang dimaksud yaitu *ActiGraph*. Penelitian ini dianalisis menggunakan *One Way ANOVA*. Dengan tingkat (sig 0,05). hasil dari penelitian ini bahwa tidak terdapat perbedaan yang signifikan *sedentary behaviour* antara siswa SD, SMP dan SMA. Hal ini karena dari masing-masing jenjang memiliki kasifikasi *sedentary behaviour* yang tinggi yaitu lebih dari 5 jam sehari. Kedepannya diharapkan adanya penelitian lebih lanjut dengan desain penelitian yang lebih baik tentang perilaku *sedentary*.

Kata Kunci : *Sedentary Behaviour*, siswa, *Covid-19*

ABSTRACT
SEDENTARY BEHAVIOUR STUDENT IN THE COVID-19 PANDEMIC

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The covid-19 pandemic that requires a restriction of all forms of activity makes the whole community activity at home a consequent increase in sedentary behavior. In recent studies, children and adolescents are spending more and more time on sedentary behavior than before the covid-19 outbreak. The study aims to identify patterns of residence behavior in elementary, middle and high school students and test if there are differences in stable behavior patterns in elementary, middle and high school students. The sample was used by as many as 60 students from each grade, junior high, junior high, where the average student body was divided into 20. The instruments used in this study are used by the accelerometer. The accelerometer in question is the actigraph. The study was analyzed using one way of anova. With levels (sig 0.05). The result of this study is that there is no significant difference in sedentary behavior between elementary, middle and high school students. This is because of each crane having a high degree of settled behavior roughly more than 5 hours a day. Future studies are expected with improved research design of sedentary behavior.

Keywords: *Sedentary Behaviour*, students, covid-19

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