

Pola Makan dan Gaya Hidup Aktif Siswa SMP Pada Era Covid-19

SKRIPSI

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



oleh

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PROGRAM STUDI

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

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

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NIM. 1703140

Dosen Pembimbing I : Dra. Yati Ruhayati, M.Pd.

Penelitian ini bertujuan untuk mengetahui pola makan dan gaya hidup aktif siswa SMP pada masa pandemi Covid-19. Sebanyak 131 siswa SMP di Kabupaten Garut menjadi sampel dalam penelitian ini dengan menggunakan teknik pengambilan sampel *Random Sampling*. Pengambilan data menggunakan instrumen penelitian dengan kuesioner *Eating Habits and Lifestyle Changes-Covid 19* (EHLC-COVID19) untuk mengetahui pola makan dan gaya hidup selama Covid-19. Data penelitian yang terkumpul kemudian dianalisis menggunakan *Descriptive Statistics Frequencies* pada SPSS versi 25. Hasil analisis menunjukkan adanya perubahan pola makan dan gaya hidup aktif siswa SMP di Kabupaten Garut selama Covid-19 seperti meningkatnya nafsu makan sehingga terjadinya kenaikan berat badan, menurunnya aktifitas fisik hingga menurunnya kualitas tidur.

Kata kunci : Covid-19, Pola Makan, Gaya Hidup Aktif, Siswa SMP, *EHLC-COVID19*

ABSTRACT
THE DIET AND ACTIVE LIFESTYLE OF JUNIOR HIGH SCHOOL
STUDENTS DURING THE COVID-19 ERA

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Adviser : **Dra. Yati Ruhayati, M.Pd.**

This study aims to determine the diet and active lifestyle of junior high school students during the Covid-19 pandemic. A total of 131 junior high school students in Garut District were sampled in this study using random sampling techniques. Collecting data using research instruments with the Eating Habits and Lifestyle Changes-Covid 19 (EHLC-COVID19) questionnaire to determine diet and lifestyle during Covid-19. The collected research data was then analyzed using Descriptive Statistics Frequencies on SPSS version 25. The results of the analysis show that there are changes in the diet and active lifestyle of junior high school students in Garut District during Covid-19, such as an increase in appetite resulting in weight gain, decreased physical activity to decreased sleep quality.

Keywords: Covid-19, Diet, Active Lifestyle, Junior High School Students, EHLC COVID19

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