

**PERILAKU SEDENTER DAN OBESITAS PADA REMAJA :  
TINJAUAN SISTEMATIS**

**TESIS**

diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister Pendidikan (M.Pd.) pada Program Studi Pendidikan Olahraga Pascasarjana



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# **Perilaku Sedenter dan Obesitas pada Remaja : Tinjauan Sistematis**

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S. Pd. UPI Bandung, 2018

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui definisi perilaku sedenter, untuk mengetahui penyebab perilaku sedenter pada remaja dan untuk mengetahui pengaruh perilaku sedenter terhadap obesitas pada remaja. Metode penelitian yang digunakan dalam penelitian ini adalah *Systematic Literature Review (SLR)*. *Systematic literature review* memiliki 6 tahapan metodologi yang dibutuhkan dalam penulisannya (Jesson, 2015) yaitu mendesain perencanaan penelitian, pengumpulan data, penilaian kualitas studi, merancang analisis data, dan merancang sitemis data. Alat analisis data yang digunakan peneliti yaitu *Mendeley-Desktop-1.19.8-win32*. Berdasarkan hasil penelitian menunjukkan bahwa : a) Perilaku sedenter (*Sedentary Behaviors*) adalah aktivitas seseorang yang ditandai dengan pengeluaran energi yang sangat rendah  $\leq 1.5$  ekivalen metabolik (METs). Adapun contoh aktivitas perilaku sedenter diantaranya adalah menonton televisi, bermain *handphone* dan *game*, keadaan berbaring, duduk sambil makan, dan bekerja statis dalam jangka waktu  $> 2$  jam per hari yang dapat menyebabkan penyakit berbahaya yaitu obesitas, b) Adapun yang menjadi faktor penyebab perilaku sedenter pada para remaja diantaranya adalah kemajuan IPTEK, menonton televisi, bermain *handphone* dan komputer, penyakit obesitas, aktivitas pekerjaan statis, pola makan yang buruk, dan gaya hidup kurang gerak, dan c). berdasar hasil kajian, adanya pengaruh perilaku sedenter terhadap obesitas pada remaja dapat terjadi karena penggunaan IPTEK yang berlebihan ditambah pola makan dan gaya hidup yang buruk serta tidak dibarengi aktivitas fisik yang baik sehingga terjadi peningkatan *Body Mass Index (BMI)* yang menyebabkan kejadian obesitas pada remaja.

**Kata Kunci:** Perilaku Sedenter, Obesitas, Remaja

## ABSTRACT

*This study aims to determine the definition of sedentary behavior, to determine the causes of sedentary behavior in adolescents and to determine the effect of sedentary behavior on obesity in adolescents. The research method used in this study is the Systematic Literature Review (SLR). Systematic literature review has 6 stages of the methodology needed in writing (Jesson, 2015), namely designing research planning, data collection, assessing the quality of studies, designing data analysis, and designing data sites. The data analysis tool used by the researcher is Mendeley-Desktop-1.19.8-win32. Based on the results of the study, it shows that: a) Sedentary Behaviors is a person's activity characterized by a very low energy expenditure  $\leq 1.5$  metabolic equivalents (METs). Examples of sedentary behavioral activities include watching television, playing cellphones and games, lying down, sitting while eating, and working statically for a period of  $> 2$  hours per day which can cause dangerous diseases, namely obesity, b) As for the factors that cause sedentary behavior among adolescents are advances in science and technology, watching television, playing mobile phones and computers, obesity, static work activities, poor diet, and sedentary lifestyle, and c) Based on the results of the study, the influence of sedentary behavior on obesity in adolescents can occur due to excessive use of science and technology plus poor diet and lifestyle and not accompanied by good physical activity resulting in an increase in Body Mass Index (BMI) which causes obesity in adolescents.*

**Keywords:** *Sedentary Behaviour, Obesity, Adolescents*

## DAFTAR ISI

HALAMAN PENGESAHAN.....	i
SURAT PERNYATAAN KEASLIAN.....	ii
ABSTRAK.....	iii
ABSTRACT.....	iv
UCAPAN TERIMA KASIH.....	v
KATA PENGANTAR.....	vii
DAFTAR ISI.....	vii
DAFTAR TABEL.....	x
DAFTAR GAMBAR.....	xi
BAB I PENDAHULUAN.....	1
1.1    Latar Belakang Penelitian.....	1
1.2    Rumusan Masalah Penelitian.....	4
1.3    Tujuan Penelitian.....	4
1.4    Manfaat Penelitian.....	4
1.5    Struktur Organisasi.....	4
BAB II TELAAH PUSTAKA, PENELITIAN TERDAHULU.....	5
2.1    Telaah Pustaka.....	5
2.1.1 Definisi Perilaku Sedenter ( <i>Sedentary Behaviors</i> ).....	5
2.1.2 Faktor Penyebab Perilaku Sedenter ( <i>Sedentary Behaviors</i> ).....	6
2.1.3 Dampak Perilaku Sedenter ( <i>Sedentary Behaviors</i> ).....	8
2.1.4 Upaya Pemerintah dalam Menangani Ancaman Fenomena Perilaku Sedenter ( <i>Sedentary Behavior</i> ).....	10
2.2.1 Definisi Obesitas.....	11
2.2.2 Pengukuran Obesitas.....	12
2.2.3    Tipe-Tipe Obesitas.....	13
2.2.4 Faktor Penyebab Obesitas.....	14

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2.3.1	Definisi Remaja.....	16
2.3.2	Ciri-Ciri Remaja.....	17
2.3.3	Tugas-Tugas Masa Perkembangan Remaja.....	18
2.4.1	Pengaruh Perilaku Sedenter terhadap Obesitas.....	19
2.2	Penelitian Terdahulu.....	20
<b>BAB III METODE PENELITIAN.....</b>		<b>24</b>
3.1	Metode Penelitian.....	24
3.2	Perencanaan Penelitian.....	24
3.3	Pengumpulan Data.....	27
3.4	Rancangan Analisis Data.....	31
3.5	Rancangan Sintesis Data.....	32
<b>BAB IV HASIL PENELITIAN DAN BAHASAN.....</b>		<b>33</b>
4.1	Hasil Penelitian.....	33
4.1.1	Daftar Artikel.....	33
4.1.2	Ekstraksi Data.....	68
4.1.3	Sintesis Definisi Perilaku Sedenter.....	70
4.2	Pembahasan Penelitian.....	77
4.2.1	Definisi Perilaku Sedenter.....	77
4.2.2	Penyebab Perilaku Sedenter pada Remaja.....	82
4.2.3	Pengaruh Perilaku Sedenter Terhadap Obesitas.....	87
4.3	Sintesis.....	94
<b>BAB V SIMPULAN, IMPLIKASI DAN REKOMENDASI.....</b>		<b>97</b>
5.1	Kesimpulan.....	97
5.2	Implikasi.....	97
5.3	Rekomendasi.....	98
<b>DAFTAR PUSTAKA.....</b>		<b>99</b>
<b>LAMPIRAN.....</b>		<b>106</b>
Lampiran 1.	SK Pembimbing Thesis.....	106
Lampiran 2.	Buku Bimbingan.....	108

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Lampiran 3. Dokumentasi Sidang Tahap I.....	114
Lampiran 4. Dokumentasi Sidang Tahap II.....	115
Lampiran 5. Biografi Penulis.....	116

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