

**FAKULTAS ILMU KESEHATAN
PROGRAM STUDI S1 KEPERAWATAN
UNIVERSITAS MUHAMMADIYAH TASIKMALAYA**

Skripsi, Juli 2023

Tessa Triani Solehudin

NIM. C1914201049

**GAMBARAN *SEDENTARY LIFESTYLE* DAN NILAI *BODY MASS INDEX*
SELAMA PEMBELAJARAN *BLENDED LEARNING* PADA MAHASISWA
S1 ILMU KEPERAWATAN UNIVERSITAS
MUHAMMADIYAH TASIKMALAYA**

ABSTRAK

xvi bagian awal + 84 Halaman + VII bab + 6 tabel + 12 Lampiran

Pembelajaran *blended learning* dilatarbelakangi dengan adanya pandemic covid-19, menyebabkan lebih banyak melakukan sebagian aktifitas pembelajaran di rumah yang dihabiskan dalam posisi duduk atau berbaring dalam jangka waktu lama yang disebut dengan *sedentary lifestyle*. Dampak dari *sedentary lifestyle* diantaranya yaitu obesitas yang ditandai dengan nilai *body mass index* tinggi. Tujuan penelitian untuk mengetahui gambaran *sedentary lifestyle* dan nilai *body mass index* selama pembelajaran *blended learning* pada mahasiswa S1 Ilmu Keperawatan. Jenis penelitian deskriptif kuantitatif, populasi dalam penelitian adalah mahasiswa S1 Ilmu Keperawatan UMTAS, teknik sampling menggunakan *proportionate stratified random sampling* dengan sampel sejumlah 81 mahasiswa. Instrumen penelitian menggunakan *Arabic Sedentary Behaviour Questionnaire* (ASBQ) dan pengukuran nilai *body mass index* menurut WHO, analisa data menggunakan distribusi frekuensi. Hasil penelitian sebanyak 79 mahasiswa (97,5%) kategori *sedentary lifestyle* tinggi dan 2 mahasiswa (2,5%) kategori *sedentary lifestyle* sedang. Nilai *body mass index* menunjukkan 33 mahasiswa (40,7%) kategori obesitas, 10 mahasiswa (12,3%) kategori *overweight*, 22 mahasiswa (27,2%) kategori normal dan 16 mahasiswa (19,8%) kategori *underweight*. Disimpulkan sebagian besar mahasiswa termasuk kategori *sedentary lifestyle* tinggi dikarenakan lamanya waktu yang digunakan seperti menonton tv, bermain sosial media, mengerjakan tugas dan sebagian besar nilai *body mass index* termasuk dalam kategori obesitas yaitu lebih dari 25. Pemberian edukasi dan kegiatan aktifitas fisik diperlukan untuk mengurangi *sedentary lifestyle* dan nilai *body mass index* serta dampaknya bagi kesehatan.

Kata Kunci : Mahasiswa, Nilai *Body Mass Index*, *Sedentary Lifestyle*

Kepustakaan : 60 (2010-2023)

**FACULTY OF HEALTH SCIENCES
BACHELOR NURSING OF STUDY PROGRAM
UNIVERSITY OF MUHAMMADIYAH TASIKMALAYA**

Thesis, July 2023

Tessa Triani Solehudin

NIM. C1914201049

**DESCRIPTION OF SEDENTARY LIFESTYLE AND BODY MASS INDEX
VALUE DURING BLENDED LEARNING IN S1 NURSING STUDENTS
OF MUHAMMADIYAH TASIKMALAYA UNIVERSITY**

ABSTRACT

xvi preamble + 84 Pages + VII chapter + 6 tables + 12 Appendices

Blended learning is motivated by the COVID-19 pandemic, Causing more of some learning activities at home to be spent in a sitting or lying position for a long period of time called the sedentary lifestyle. The impact of sedentary lifestyle includes obesity which is characterized by a high body mass index value. The purpose of the study was to determine the picture of sedentary lifestyle and body mass index value during blended learning in S1 Nursing students. The type of quantitative descriptive research, the population in the study was UMTAS S1 Nursing Science students, the sampling technique used proportionate stratified random sampling with a sample of 81 students. The research instrument uses the Arabic Sedentary Behavior Questionnaire (ASBQ) and the measurement of body mass index values according to WHO, data analysis using frequency distribution. The results of the study were 79 students (97.5%) in the high sedentary lifestyle category and 2 students (2.5%) in the medium sedentary lifestyle category. The body mass index value showed 33 students (40.7%) in the obese category, 10 students (12.3%) in the overweight category, 22 students (27.2%) in the normal category and 16 students (19.8%) in the underweight category. It was concluded that most students belong to the high sedentary lifestyle category due to the length of time spent such as watching TV, playing social media, doing assignments and most of the body mass index values are included in the obesity category, which is more than 25. The provision of education and physical activity activities is needed to reduce sedentary lifestyle and body mass index values and their impact on health.

Keywords : Student, Body Mass Index Value, Sedentary Lifestyle

Bibliography : 60 (2010-2023)