

ABSTRAK

Tujuan penelitian ini untuk mengetahui: (1) Karakteristik responden (Pendidikan ayah dan ibu, pekerjaan ayah dan ibu, pendapatan ayah dan ibu serta besaran keluarga). (2) *Sedentary* anak remaja. (3) Durasi tidur remaja. (4) Aktivitas fisik remaja. (5) Status gizi remaja. (6) Hubungan *sedentary* dengan status gizi remaja. (7) Hubungan durasi tidur dengan status gizi remaja. (8) Hubungan aktivitas fisik dengan status gizi remaja. (9) Hubungan *sedentary*, durasi tidur dan aktivitas fisik dengan status gizi remaja. Tempat penelitian di Desa Sileang, Kecamatan Doloksanggul. Waktu penelitian dimulai bulan Juni-Juli 2023. Populasi penelitian ini adalah remaja sebanyak 50 populasi. Teknik pengambilan sampel dilakukan dengan cara total sampling dengan jumlah 50 sampel. Desain penelitian *cross sectional*. Teknik pengumpulan data menggunakan kuisioner dan pengukuran antropometri. Teknik analisis data secara deskriptif, uji hipotesis, uji *korelasi rank spearman* dan *analisis regresi linier berganda*.

Berdasarkan hasil penelitian menunjukkan *sedentary* diatas rerata $\geq 19,73$ yaitu sebesar 64,00 persen. Status gizi dalam kategori normal sebesar 54,00 persen. Aktivitas fisik dalam kategori tidak memenuhi rekomendasi WHO (>600 MET) sebesar 76,00 persen. Hasil analisis uji *korelasi rank spearman* terdapat hubungan yang positif dan signifikan antara *sedentary* dengan status gizi dengan nilai korelasi 0,303 dan p-value 0,032 artinya semakin rendah *sedentary* maka semakin baik status gizi. Berdasarkan *korelasi rank spearman* terdapat hubungan yang positif dan signifikan antara durasi tidur dengan status gizi dengan nilai korelasi 0,281 dan p-value 0,048 artinya semakin baik durasi tidur maka semakin baik status gizi. Berdasarkan *korelasi rank spearman* terdapat hubungan yang positif dan signifikan antara aktivitas fisik dengan status gizi dengan nilai korelasi 0,420 dan p-value 0,002 artinya semakin tinggi aktivitas fisik maka semakin baik status gizi. Hasil uji analisis regresi linier berganda terdapat hubungan yang positif dan signifikan antara *sedentary* dengan status gizi, namun tidak terdapat hubungan yang tidak signifikan antara durasi tidur dan aktivitas fisik dengan status gizi remaja dengan nilai *adjusted R* yang didapat sebesar 0,225 dengan nilai p-value 0,000 pada taraf signifikan 0,05 yang artinya semakin rendah *sedentary* maka semakin baik status gizi dan semakin tinggi durasi tidur dan aktivitas fisik maka semakin baik status gizi. Kesimpulannya terdapat hubungan *sedentary* dengan status gizi, namun tidak terdapat hubungan durasi tidur dan aktivitas fisik dengan status gizi remaja di Desa Sileang, Kecamatan Doloksanggul.

ABSTRACT

Rut Meliana Sihite: The Relationship between Sedentary, Sleep Duration and Physical Activity with the Nutritional Status of Adolescents in Sileang Village, Doloksanggul District. Thesis. Faculty of Engineering. Medan State University. 2023.

The aim of this research is to determine: (1) Characteristics of respondents (father's and mother's education, father's and mother's employment, father's and mother's income and family size). (2) Sedentary teenage children. (3) Adolescent sleep duration. (4) Adolescent physical activity. (5) Nutritional status of adolescents. (6) The relationship between sedentary and adolescent nutritional status. (7) The relationship between sleep duration and adolescent nutritional status. (8) The relationship between physical activity and adolescent nutritional status. (9) Relationship between sedentary, sleep duration and physical activity with nutritional status of adolescents. The research location is in Sileang Village, Doloksanggul District. The research period starts in June-July 2023. The population of this study is 50 teenagers. The sampling technique was carried out by total sampling with a total of 50 samples. Cross sectional research design. Data collection techniques use questionnaires and anthropometric measurements. Descriptive data analysis techniques, hypothesis testing, Spearman rank correlation test and multiple linear regression analysis.

Based on the research results, it shows that sedentary is above the average ≥ 19.73 , namely 64.00 percent. Nutritional status in the normal category is 54.00 percent. Physical activity in the category that does not meet WHO recommendations (>600 MET) is 76.00 percent. The results of the Spearman rank correlation test analysis show a positive and significant relationship between sedentary and nutritional status with a correlation value of 0.303 and a p-value of 0.032, meaning that the lower the sedentary, the better the nutritional status. Based on the Spearman rank correlation, there is a positive and significant relationship between sleep duration and nutritional status with a correlation value of 0.281 and a p-value of 0.048, meaning that the better the sleep duration, the better the nutritional status. Based on the Spearman rank correlation, there is a positive and significant relationship between physical activity and nutritional status with a correlation value of 0.420 and a p-value of 0.002, meaning that the higher the physical activity, the better the nutritional status. The results of the multiple linear regression analysis test showed a positive and significant relationship between sedentary and nutritional status, but there was no significant relationship between sleep duration and physical activity and nutritional status of adolescents with the adjusted R value obtained at 0.225 with a p-value of 0.000. The significant rate is 0.05, which means that the lower the sedentary level, the better the nutritional status and the higher the sleep duration and physical activity, the better the nutritional status. In conclusion, there is a relationship between sedentary and nutritional status, but there is no relationship between sleep duration and physical activity and the nutritional status of adolescents in Sileang Village, Doloksanggul District.