

ABSTRAK

Mutiara Nadhia Sahputri Hutabarat: *Hubungan Aktivitas Fisik dan Kualitas Tidur dengan Status Gizi pada Mahasiswi Jurusan Pendidikan Kesejahteraan Keluarga Di Universitas Negeri Medan*. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Mahasiswa pada usia dewasa awal mengalami perubahan gaya hidup yang dapat memengaruhi status gizi, seperti pola makan, tingkat aktivitas fisik, dan kualitas tidur. Berdasarkan hasil observasi awal pada mahasiswi Jurusan Pendidikan Kesejahteraan Keluarga Universitas Negeri Medan, ditemukan prevalensi malnutrisi sebesar 57%, dengan mayoritas berada pada kategori obesitas. Selain itu, lebih dari separuh mahasiswi menunjukkan tingkat aktivitas fisik ringan dan kualitas tidur yang buruk. Penelitian ini bertujuan untuk mengetahui hubungan antara aktivitas fisik dan kualitas tidur dengan status gizi pada mahasiswi Jurusan Pendidikan Kesejahteraan Keluarga Universitas Negeri Medan.

Penelitian ini menggunakan desain *cross sectional* dan dilaksanakan pada Mei–Juni 2025 di Laboratorium Antropometri Universitas Negeri Medan. Sampel sebanyak 84 mahasiswi dari Program Studi Tata Boga, Tata Busana, dan Tata Rias angkatan 2022, 2023, dan 2024, dipilih menggunakan teknik *convenience sampling*. Pengumpulan data dilakukan melalui kuesioner karakteristik responden, kuesioner *Recall* Aktivitas Fisik (2×24 jam), *Pittsburgh Sleep Quality Index* (PSQI), dan pengukuran status gizi berdasarkan Indeks Massa Tubuh (IMT). Analisis data menggunakan uji deskriptif, *Rank Spearman*, dan Regresi Logistik.

Hasil penelitian menunjukkan mayoritas responden berusia 19 tahun (34,5%), dengan latar belakang pendidikan orang tua, baik ayah (58,3%) maupun ibu (53,6%), didominasi lulusan SMA/MA/ sederajat. Mayoritas pekerjaan ayah responden adalah wiraswasta (40,5%) dan ibu responden sebagian besar tidak bekerja/IRT (34,5%). Sebagian besar responden memiliki uang saku bulanan sebesar Rp500.000–Rp1.000.000 (53,6%), dan berasal dari besaran keluarga dengan kategori sedang (56%). Hasil uji *Rank Spearman* menunjukkan terdapat hubungan yang signifikan antara aktivitas fisik dan status gizi ($p = 0.000$), serta antara kualitas tidur dan status gizi ($p = 0.000$). Uji regresi logistik menunjukkan bahwa aktivitas fisik kategori ringan ($p = 0.001$), aktivitas fisik kategori sedang ($p = 0.000$), aktivitas fisik kategori berat ($p = 0.035$), serta kualitas tidur ($p = 0.000$) secara signifikan berhubungan dengan status gizi. Dengan demikian, kedua faktor ini berkontribusi terhadap status gizi mahasiswi.

Kata Kunci : Status Gizi, Aktivitas Fisik, Kualitas Tidur

ABSTRACT

Mutiara Nadhia Sahputri Hutabarat: *The Relationship Between Physical Activity and Sleep Quality with Nutritional Status Among Female Students of the Family Welfare Education Department at Universitas Negeri Medan.* Thesis. Faculty of Engineering. Universitas Negeri Medan. 2025

Students in early adulthood experience lifestyle changes that can affect nutritional status, such as dietary patterns, levels of physical activity, and sleep quality. Based on preliminary observations of female students majoring in Family Welfare Education at Medan State University, the prevalence of malnutrition was found to be 57%, with the majority being obese. Furthermore, more than half of the female students exhibited low levels of physical activity and poor sleep quality. This study aims to determine the relationship between physical activity and sleep quality with nutritional status among female students of the Family Welfare Education Department at Universitas Negeri Medan.

This research uses a cross-sectional design and was conducted from May to June 2025 at the Anthropometry Laboratory of Universitas Negeri Medan. A sample of 84 female students from the Culinary Arts, Fashion Design, and Beauty Care study programs from the 2022, 2023, and 2024 cohorts was selected using convenience sampling techniques. Data collection was carried out through a respondent characteristic questionnaire Recall Physical Activity (24 hours) questionnaire, the Pittsburgh Sleep Quality Index (PSQI), and nutritional status measurement based on Body Mass Index (BMI). Data analysis used descriptive tests, Spearman Rank correlation, and Logistic Regression.

The results showed that the majority of respondents were 19 years old (34.5%), with parental education backgrounds, both fathers (58.3%) and mothers (53.6%), predominantly being high school graduates or equivalent. The majority of respondents' fathers were self-employed (40.5%), and most respondents' mothers were unemployed/homemakers (34.5%). Most respondents had a monthly allowance of IDR 500,000–1,000,000 (53.6%) and came from families categorized as medium-sized (56%). The Spearman Rank test results indicated a significant relationship between physical activity and nutritional status ($p = 0.000$), as well as between sleep quality and nutritional status ($p = 0.000$). The logistic regression test showed that light physical activity ($p = 0.001$), moderate physical activity ($p = 0.000$), heavy physical activity ($p = 0.035$), and sleep quality ($p = 0.000$) were significantly associated with nutritional status. Thus, these two factors contribute to the nutritional status of female students.

Keywords: *Nutritional Status, Physical Activity, Sleep Quality*