

Hubungan Persepsi Orang Tua tentang Aktivitas Fisik Anak di Luar Rumah dengan Kejadian *Overweight* pada Anak Sekolah Dasar di Kota Yogyakarta

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ABSTRAK

Latar Belakang : Angka kejadian overweight di Indonesia meningkat setiap tahunnya, pada tahun 2016 terdapat 10,8% anak yang overweight dan 8,8% anak yang obesitas dan kejadian overweight di Kota Yogyakarta 23,85% dan obesitas sebesar 17,42%. Anak-anak yang obesitas akan memiliki resiko tinggi terjadinya obesitas pada masa dewasa dan sebagai faktor risiko yang merugikan kesehatan.

Tujuan Penelitian : Untuk mengetahui hubungan persepsi orang tua tentang aktivitas fisik anak di luar rumah dengan kejadian *overweight* pada anak sekolah dasar di kota yogyakarta.

Metode Penelitian : Rancangan Penelitian ini merupakan penelitian *observastional*, berdasarkan dari segi waktunya penelitian menggunakan pendekatan *cross-sectional*, sasaran penelitian ini adalah siswa-siswi sekolah dasar negeri dan swasta di Kota Yogyakarta yang terpilih sebanyak 14 klaster sekolah dasar di Kota Yogyakarta. Sampel yang akan diperoleh berdasarkan rumus *Lemeshow* menggunakan metode PPS (*Probability Proposional To Size*) sebanyak 319 sampel. Pengukuran berat badan dan tinggi badan untuk menentukan overweight dan tidak overweight. Persepsi orang tua di ukur menggunakan primer dengan menggunakan kuesioner. Untuk mengetahui variabel yang diteliti menggunakan analisis dengan *SPSS 20,0 for windows*.

Hasil Penelitian : Responden dengan status gizi *overweight* sebanyak 56 sampel (24,3%) dan yang tidak overweight sebanyak 174 sampel (75,5%). Hasil dari uji chi-square menunjukkan adanya hubungan yang signifikan antara persepsi orang tua yang rendah dengan anak overweight ($p=0,00$, OR:5,421, 95%)

Kesimpulan: Terdapat hubungan antara persepsi orang tua tentang aktivitas fisik anak di luar rumah dengan kejadian overweight pada anak sekolah dasar di Kota Yogyakarta.

Kata Kunci : Persepsi Orang Tua, *Overweight*, Aktivitas fisik, Anak Sekolah Dasar

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Relationship of Parents' Perception of Physical Activity of Children Outside the Home with Overweight in Elementary School Children in Yogyakarta City

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ABSTRACT

Background: The incidence of overweight in Indonesia increases every year, in 2016 there were 10.8% of children who were overweight and 8.8% of children who were obese and the incidence of overweight in the city of Yogyakarta was 23.85% and obesity was 17.42%. Obese children will have a high risk of obesity in adulthood and as a risk factor that is detrimental to health.

Purpose : To determine the relationship of parents' perceptions of physical activity of children outside the home with the incidence of overweight in elementary school children in the city of Yogyakarta.

Method : The design of this study was an observational study, based on the timing of the study using a cross-sectional approach, the target of this study was the public and private elementary school students in the city of Yogyakarta who were selected as many as 14 clusters of elementary schools in the city of Yogyakarta. Samples to be obtained are based on the Lemeshow formula using the Probability Proposal To Size (PPS) method of 319 samples. Measurement of weight and height to determine overweight and not overweight. Parents' perceptions were measured using the primary using a questionnaire. To find out the variables studied using analysis with SPSS 20.0 for windows.

Research Results: Respondents with overweight nutritional status were 56 samples (24.3%) and those not overweight were 174 samples (75.5%). The results of the chi-square test showed a significant correlation between perceptions of low parents and overweight children ($p = 0.00$, OR: 5.421, 95%)

Conclusion: There is a relationship between parents' perceptions of physical activity of children outside the home with the incidence of overweight in primary school children in the city of Yogyakarta.

Keywords: Parent Perception, Overweight, Physical Activity, Elementary School Children

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