

ABSTRACT

DESCRIPTION OF PHYSICAL ACTIVITY AMONG OBESE ADOLESCENTS AT SMAN 19 SURABAYA

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Physical activity included any body movement performed by skeletal muscles that required energy, including movement during vacations or daily activities at home. The phenomenon at SMAN 19 Surabaya showed that obese adolescents tended to be less active, often slept after eating, played games, rarely exercised, and had difficulty concentrating while studying. This study aimed to identify the physical activity patterns of obese adolescents at SMAN 19 Surabaya. The research design was a descriptive study. The population in this study was all 11th-grade students of SMAN 19 Surabaya who met the inclusion criteria. The sampling method used was total sampling, and the sample size for this study was 38 respondents. The research instrument used was the Physical Activity Questionnaire for Adolescents (PAQ-A). The results of the descriptive statistical analysis of the percentage proportion using (ASDPP) showed that more than 50% (63.14%) of the obese adolescent respondents had engaged in light physical activity. The school principal collaborated with the Kedung Cowek Public Health Center to conduct outreach on the importance of physical activity education for adolescents, specifically regarding various interesting sports programs to encourage them to be more active and avoid obesity and non-communicable diseases such as heart disease, hypertension, and diabetes.

Keywords: Physical Activity, Adolescents, Obesity

ABSTRAK

GAMBARAN AKTIVITAS FISIK REMAJA YANG MENGALAMI OBESITAS DI SMAN 19 SURABAYA.

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Aktivitas fisik mencakup segala gerakan tubuh yang dilakukan oleh rangka otot dan membutuhkan energi, termasuk gerakan saat berlibur atau aktivitas sehari-hari di rumah. Fenomena di SMAN 19 Surabaya menunjukkan bahwa remaja gemuk cenderung kurang aktif, sering tidur setelah makan, bermain game, jarang berolahraga, dan mengalami kesulitan berkonsentrasi saat belajar. Penelitian ini bertujuan untuk mengidentifikasi gambaran aktivitas fisik pada remaja yang mengalami obesitas di SMAN 19 Surabaya. Desain penelitian adalah studi deskriptif. Populasi dalam penelitian ini seluruh siswa kelas 11 SMAN 19 Surabaya yang memenuhi kriteria inklusi. Jumlah *sampling* yang digunakan yaitu *total sampling* dan sampel pada penelitian ini sebanyak 38 responden. Instrumen penelitian menggunakan kuesioner *physical activity questionnaire adolescent (PAQ-A)*. Hasil analisis statistik deskriptif proporsi presentase menggunakan (ASDPP) didapatkan lebih dari 50% (63,14%) responden remaja yang mengalami obesitas melakukan aktivitas fisik ringan. Kepala sekolah bekerja sama dengan Puskesmas Kedung Cowek untuk mengadakan penyuluhan tentang edukasi pentingnya aktivitas fisik bagi remaja, khususnya terkait berbagai program olahraga yang menarik sehingga mereka lebih aktif dan terhindar dari obesitas dan penyakit tidak menular seperti jantung, hipertensi, dan DM.

Kata Kunci : Aktivitas Fisik, Remaja, Obesitas