

ABSTRAK

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HUBUNGAN ANTARA OLAHRAGA RUTIN DENGAN PRESTASI AKADEMIK MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN SAAT PANDEMI COVID-19

(xiv + 51 halaman; 9 tabel; 6 lampiran)

Latar belakang: Pandemi virus Covid-19 ini telah membuat banyak perubahan di kehidupan manusia. Dengan diberlakukannya berbagai kebijakan untuk meminimalisir penyebaran virus oleh masing-masing negara. Membuat semua orang harus beradaptasi dan melakukan segala kegiatan yang biasanya dilakukan dari rumah. Terbatasnya ruang lingkup membuat adanya penurunan tingkat olahraga dan meningkatnya *sedentary behavior*. Penurunan tingkat olahraga merupakan salah satu hal dapat dirasakan oleh mahasiswa yang sudah disibukkan dengan tugas dan ujian, dengan adanya sistem pembelajaran jarak jauh ini. Sehingga, memungkinkan bahwa prestasi akademik mahasiswa dapat dipengaruhi oleh kurangnya kebiasaan olahraga yang dilakukan.

Tujuan penelitian: Untuk mengetahui hubungan antara olahraga rutin dengan prestasi akademik mahasiswa Fakultas Kedokteran Universitas Pelita Harapan selama pandemi Covid-19.

Metode penelitian: Penelitian ini merupakan penelitian yang menggunakan desain studi potong lintang (*Cross-sectional*) yang dilakukan pada 244 subjek penelitian yang memenuhi kriteria inklusi penelitian. Pengambilan data perilaku olahraga mahasiswa diambil menggunakan kuesioner *Godin Leisure-Time Exercise Questionnaire* (GLTEQ) untuk menilai perilaku olahraga mahasiswa yang disebar secara daring melalui *google forms*.

Hasil: Dari 244 total subjek yang mengikuti penelitian ini, 222 mahasiswa sering berolahraga dan 116 (52,3%) diantaranya memiliki prestasi akademik yang sangat memuaskan. Setelah melakukan uji kai kuadrat, terdapat hubungan antara intensitas

olahraga dengan prestasi akademik dengan nilai *p-value* 0,016 dan nilai *odds ratio* sebesar 3,721 dan 95% CI = 1,327-10,436.

Kesimpulan: Penelitian ini menunjukkan bahwa, terdapat hubungan yang signifikan antara intensitas olahraga dengan prestasi akademik mahasiswa Fakultas Kedokteran Universitas Pelita Harapan selama pandemi Covid-19.

Kata kunci: Olahraga rutin, prestasi akademik, pandemi Covid-19

Jumlah kata: 244



ABSTRACT

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CORRELATION BETWEEN ROUTINE EXERCISE AND ACADEMIC ACHIEVEMENT OF STUDENTS OF THE FACULTY OF MEDICINE OF PELITA HARAPAN UNIVERSITY WHILE THE COVID-19 PANDEMIC

(xiv + 51 pages; 9 tables; 6 attachments)

Background: *The Covid-19 virus pandemic has made many changes in human life. With the enactment of policies to minimize the spread of the virus by each country. Forcing everyone to adapt and do all the activities that are usually done outside from home. The limited scope resulted in a decrease in the level of exercise and an increase in sedentary behavior. The decrease in the level of exercise is one thing that can be felt by students who are already occupied with assignments and exams with this new distance learning system. Thus, it is possible that student academic achievement can be influenced by the lack of exercise habits.*

Objectives: *To find out the correlation between regular exercise and academic achievement of students of the Faculty of Medicine of Pelita Harapan University during the Covid-19 pandemic.*

Methods: *This study is a cross-sectional study design which was conducted on 244 research subjects who met the research inclusion criteria. Student exercise behavior data was collected using the Godin Leisure-Time Exercise Questionnaire (GLTEQ) to assess student sports behavior which was distributed online via google forms.*

Results: *Of the 244 total samples that participated in this study, 222 students often exercised and 116 (52.3%) of them had very satisfactory academic achievements. After performing the chi square test, it was found that there is a relationship between*

exercise intensity and academic achievements with a p-value was 0.016 and an odds ratio of 3.721 and 95% CI = 1.327-10.436.

Conclusion: *This study shows that, there is a significant relationship between exercise intensity and academic achievement of students of the Faculty of Medicine, Universitas Pelita Harapan during the Covid-19 pandemic.*

Keywords: *Routine exercise, academic achievement, Covid-19 pandemic*

Word count: 282

