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Bandung Jurusan Keperawatan Bandung
Program Studi Keperawatan Bandung Bandung,
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Alletha Apriliani Eka Putri. P17320118080

**GAMBARAN AKTIVITAS FISIK MAHASISWA
PADA MASA PANDEMI COVID-19 (*LITERATURE REVIEW*)**

ABSTRAK

XI, 99 Hal, 5 Bab, 1 Bagan, 3 Tabel, 5 Lampiran

Kehidupan di masa pandemi COVID-19 ini mengharuskan mahasiswa melakukan kegiatan sehari-harinya di dalam rumah. Hal ini disebabkan karena adanya pembelajaran daring dan pembatasan sosial guna mencegah penyebaran COVID-19. Tinggal di rumah yang lama dapat menyebabkan peningkatan perilaku duduk, berbaring, bermain game, menonton televisi, dan menggunakan perangkat seluler sehingga membuat pengeluaran energi yang kurang dan akibatnya adalah mengarah pada peningkatan resiko penyakit tidak menular. (Nurmidin et al., 2020). Tujuan dari penelitian ini untuk mengetahui gambaran aktivitas fisik mahasiswa di masa pandemi COVID-19 yang dibagi menjadi tiga kategori yaitu aktivitas fisik ringan, sedang dan berat. Jenis penelitian yang dilakukan adalah *literature review* dan teknik pengambilan data nya adalah data sekunder . Berdasarkan hasil analisis dari 5 jurnal didapatkan aktivitas fisik mahasiswa pada masa pandemi COVID-19 yaitu aktivitas fisik ringan sebanyak 50%, aktivitas fisik sedang sebanyak 34% dan aktivitas fisik berat sebanyak 16%. Dalam hal ini disarankan untuk mahasiswa melakukan aktivitas fisik sedang minimal 30 menit setiap hari atau tiga kali seminggu, berjemur dan memenuhi gizi yang seimbang untuk meningkatkan imunitas tubuh.

Kata Kunci : Aktivitas fisik, Mahasiswa, Pandemi COVID-19

Daftar Pustaka : (2011 – 2021)

*Health Polytechnic of the Ministry of Health Bandung
Bandung Nursing Department
Nursing Diploma III Study Program Bandung
Bandung, June 2021
Alletha Apriliani Eka Putri, P17320118080*

***DESCRIPTION OF STUDENT PHYSICAL ACTIVITY
DURING COVID-19 PANDEMIC (LITERATURE REVIEW)***

ABSTRACT

XI, 99 Pages, 5 Chapters, 1 charts, 3 tables,5 appendices

Life during COVID-19 pandemic requires students in university to carry out their daily activities at home. This is due to online learning and social distancing to prevent the spread of COVID-19. It is possible that staying in the house for a long time can lead to an increase in the behavior of sitting, lying down, playing games, watching television, and using mobile devices thereby making energy expenditure less and consequently leading to an increased risk of non-communicable diseases. (Nurmidin et al., 2020). The purpose of this study was to describe the physical activity of students during the COVID-19 pandemic which was divided into three categories, they are light, moderate and vigorous physical activity. The type of research conducted is a literature review and the data collection technique is secondary data. Based on the analysis results from 5 journals, students' physical activity during the COVID-19 pandemic was 50% light physical activity, 34% moderate physical activity and 16% heavy physical activity. In this case, it is recommended for students to do moderate physical activity for at least 30 minutes every day or three times a week, sunbathe and fulfill balanced nutrition to increase body immunity.

Keywords: Physical activity, Students in university, COVID-19 Pandemic

Bibliography: (2011 – 2021)