

**PENGARUH TINGKAT AKTIVITAS FISIK HARIAN TERHADAP INDEKS
MASSA TUBUH PADA KARYAWATI *CLEANING SERVICE* DI UNIVERSITAS
YARSI DAN TINJAUANNYA MENURUT PANDANGAN ISLAM**

Adhe Sukma Kirana Sari¹, Diniwati mukhtar², Amir Mahmud³, Qomariyah⁴

¹Mahasiswa Fakultas Kedokteran Universitas YARSI ²Staf pengajar bagian fisiologi Fakultas
Kedokteran Universitas YARSI ³Staf pengajar bagian Agama Islam Fakultas Kedokteran
Universitas YARSI

Korespondensi ditunjukkan kepada Adhe Sukma Kirana Sari; adhesukma.ks@gmail.com

ABSTRAK

Latar Belakang: Munculnya *non communicable disease* didorong beberapa faktor risiko salah satunya yaitu kurangnya aktivitas fisik. Berdasarkan data dari *World Health Organization* sebanyak 1,6 juta kematian per tahun dapat dikaitkan dengan aktivitas fisik yang tidak mencukupi. Untuk itu penelitian ini bertujuan untuk mengetahui ada atau tidaknya pengaruh tingkat aktivitas fisik harian terhadap indeks massa tubuh pada karyawan *cleaning service* di Universitas YARSI. Hal ini sesuai dengan ajaran Rasulullah yang tertera di dalam Al-Qur'an dan Hadist.

Metode: Subjek yang digunakan adalah karyawan *cleaning service* di Universitas YARSI. Metode penelitian yang digunakan penelitian ekperimental semu. Cara penetapan sampel menggunakan metode *purposive sampling*. Pengukuran nilai indeks massa tubuh menggunakan timbangan *digital*, alat pengukur tinggi badan dan penilaian tingkat aktivitas fisik menggunakan kuesioner IPAQ dilakukan diisi setiap minggu selama 6 minggu. Pengukuran dilakukan pada minggu pertama dan keenam di pagi hari pukul 07.00-09.00.

Hasil: Berdasarkan pengukuran pada karyawan *cleaning service* terdapat kecenderungan penurunan nilai indeks massa tubuh dengan didapatkan hasil rerata *pre-test* ($21,57 \pm 3,37$) Kg/m², rerata *post-test* ($21,57 \pm 3,37$) Kg/m² dan selisih ($-0,04 \pm 0,82$) Kg/m². Nilai rerata tertinggi aktivitas yang dilakukan responden adalah aktivitas fisik sedang, yaitu senilai ($38,82 \pm 13,24$) jam/minggu. Didapatkan nilai $p = 0,79$

Simpulan: Aktivitas fisik sedang yang dilakukan subjek berpengaruh terhadap indeks massa tubuh, karena berdasarkan hasil penelitian rerata selisih *post-pre test* yaitu ($-0,04 \pm 0,82$). Islam menganjurkan untuk memperhatikan kesehatan, karena masuk kedalam makna dari *maqasid al syari'ah* yaitu *hifzh al Nafs* yang artinya memelihara jiwa.

Kata Kunci: Aktivitas fisik, indeks massa tubuh, karyawan *cleaning service*, Al-Quran, hadis

**THE INFLUENCES OF PHYSICAL ACTIVITY LEVELS TOWARDS BODY MASS
INDEX IN CLEANING SERVICE EMPLOYEE AT YARSI UNIVERSITY
AND REVIEWED FROM ISLAMIC**

Adhe Sukma Kirana Sari¹, Diniwati mukhtar², Amir Mahmud³, Qomariyah⁴

¹Student of YARSI University Faculty of Medicine ²Staff Department of Physiology YARSI University Faculty of Medicine ³Staff Department of Islamic study YARSI University Faculty of Medicine

Correspondence should be addressed to Adhe Sukma Kirana Sari; adhesukma.ks@gmail.com

ABSTRACT

Background: The emergence of non communicable disease is driven by several risk factors, one of which is lack of physical activity. Based on data from the World Health Organization, as many as 1.6 million deaths per year can be attributed to insufficient physical activity. Therefore, this study aims to determine whether or not the influence of the level of daily physical activity on the body mass index in the employee cleaning service at YARSI University. This is in accordance with the teachings of the Prophet which are contained in the Qur'an and Hadith.

Methods: The subject used is the employee cleaning service at YARSI University. The research method used is quasi-experimental research. The method of determining the sample using purposive sampling method, the sample is determined based on the research objectives. Measurement of body mass index using digital scales, height gauges and assessment of the level of physical activity using the IPAQ questionnaire were carried out every week for 6 weeks. Measurements are made in the first and sixth weeks of the morning at 07.00-09.00.

Results: Based on measurements on cleaning service employees there was a tendency to decrease the body mass index value by obtaining the average pre-test results (21.57 ± 3.37) Kg/m², mean post-test (21.57 ± 3.37) Kg/m² and difference (-0.04 ± 0.82) Kg/m². The highest average value of activities carried out by respondents is moderate physical activity, which is worth (38.82 ± 13.24) hours / week. Obtained p value = 0.79.

Conclusion: Moderate physical activity by the subject has an effect on body mass index, because based on the results of the study the average post-pre test difference is (-0.04 ± 0.82) . Islam advocates to pay attention to health, because it enters into the meaning of maqasid al syari'ah namely hifzh al Nafs which means maintaining the soul.

Keywords: Physical activity, body mass index, cleaning service employee, Al-quran, hadist.