

ABSTRAK

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Judul Skripsi : Hubungan Aktivitas Fisik dengan Tingkat Kesakitan Warga Binaan Pemasyarakatan (WBP) di Lapas Perempuan Kelas II Pondok Bambu Jakarta Timur dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Tingkat kesakitan (morbiditas) merupakan indikator penting dalam menilai derajat kesehatan suatu kelompok masyarakat. Warga Binaan Pemasyarakatan (WBP) perempuan termasuk kelompok rentan terhadap masalah kesehatan akibat keterbatasan ruang gerak, kepadatan hunian, minimnya fasilitas kebugaran, serta tekanan psikologis di lingkungan lembaga pemasyarakatan. Dalam perspektif Islam, menjaga kesehatan dipandang sebagai bentuk ikhtiar dan amanah yang harus dijaga oleh setiap muslim. Oleh karena itu, penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik dengan tingkat kesakitan pada WBP perempuan di Lapas Perempuan Kelas II Pondok Bambu serta meninjaunya dalam perspektif Islam.

Metode: Penelitian ini merupakan penelitian kuantitatif. Penelitian dilakukan di Lapas Perempuan Kelas II Pondok Bambu Jakarta Timur dengan menggunakan data primer dan sekunder. Sampel berjumlah 78 WBP perempuan yang dipilih menggunakan teknik *purposive sampling*. Aktivitas fisik diukur menggunakan *Global Physical Activity Questionnaire* (GPAQ), sedangkan tingkat kesakitan diukur berdasarkan frekuensi kunjungan dan catatan medis. Analisis data dilakukan secara deskriptif dan bivariat menggunakan uji *Chi-Square*.

Hasil: Hasil analisis univariat menunjukkan bahwa distribusi tingkat aktivitas fisik WBP relatif seimbang antara kategori rendah (37,2%), sedang (28,2%), dan tinggi (34,6%). Tingkat kesakitan WBP juga bervariasi, dengan proporsi kesakitan rendah sebesar 39,7%, kesakitan sedang 24,4%, dan kesakitan tinggi 35,9%. Analisis bivariat menunjukkan adanya hubungan yang signifikan antara aktivitas fisik dan tingkat kesakitan ($p < 0,001$). WBP dengan tingkat aktivitas fisik tinggi cenderung memiliki tingkat kesakitan yang lebih rendah, sedangkan WBP dengan aktivitas fisik rendah menunjukkan proporsi kesakitan sedang hingga tinggi yang lebih besar.

Kesimpulan: Terdapat hubungan yang signifikan antara aktivitas fisik dan tingkat kesakitan pada WBP perempuan. Meskipun secara deskriptif tingkat aktivitas fisik relatif seimbang, aktivitas fisik yang lebih tinggi terbukti berperan sebagai faktor protektif terhadap morbiditas. Dalam perspektif Islam, aktivitas fisik merupakan bagian dari ikhtiar menjaga amanah tubuh dan upaya mewujudkan keseimbangan jasmani dan rohani, sehingga perlu didukung sebagai bagian dari program pembinaan kesehatan di lingkungan lembaga pemasyarakatan.

Kata Kunci: Aktivitas fisik, Tingkat kesakitan, Warga Binaan Pemasyarakatan, Lapas Perempuan, Tinjauan Islam.

ABSTRACT

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Title : *The Relationship Between Physical Activity and Morbidity Among Female Correctional Inmates at Class II Women's Prison Pondok Bambu, East Jakarta, and Its Review from an Islamic Perspective*

Background: Morbidity is an important indicator for assessing the health status of a population group. Female correctional inmates represent a vulnerable group with a high risk of health problems due to limited mobility, overcrowded living conditions, inadequate fitness facilities, and psychological stress within the correctional environment. From an Islamic perspective, maintaining health is regarded as a form of *ikhtiar* (human effort) and a trust (*amanah*) that must be preserved by every Muslim. Therefore, this study aimed to examine the relationship between physical activity and morbidity among female inmates at the Class II Women's Prison Pondok Bambu and to review it from an Islamic perspective.

Methods: This study employed a quantitative research design. The research was conducted at the Class II Women's Prison Pondok Bambu, East Jakarta, using both primary and secondary data. A total of 78 female inmates were selected using purposive sampling. Physical activity was measured using the Global Physical Activity Questionnaire (GPAQ), while morbidity was assessed based on the frequency of healthcare visits and medical records. Data analysis was performed using descriptive and bivariate analyses with the Chi-Square test.

Results: Univariate analysis showed that the distribution of physical activity levels among inmates was relatively balanced, with 37.2% classified as having low physical activity, 28.2% moderate, and 34.6% high. Morbidity levels also varied, with 39.7% categorized as low morbidity, 24.4% moderate morbidity, and 35.9% high morbidity. Bivariate analysis demonstrated a statistically significant relationship between physical activity and morbidity ($p < 0.001$). Inmates with higher levels of physical activity tended to have lower morbidity, whereas those with low physical activity showed a higher proportion of moderate to high morbidity..

Conclusion: There is a significant relationship between physical activity and morbidity among female correctional inmates. Although the distribution of physical activity levels was relatively balanced, higher physical activity was shown to act as a protective factor against morbidity. From an Islamic perspective, physical activity is part of the effort to maintain the trust of the human body and to achieve balance between physical and spiritual well-being; therefore, it should be supported as an integral component of health development programs within correctional institutions.

Keywords: Physical activity, Morbidity, Female correctional inmates, Women's prison, Islamic perspective.