

# **FITNESS PROFILE OF UNY & UM SPORTS STUDENTS DURING PANDEMIC COVID-19 CORRELATED WITH SCREEN TIME (COMPARATIVE STUDY UNY & UM)**

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## **ABSTRACT**

*Students experience a transition of face-to-face learning process into online. Online learning causes student habits changes and the increase in screen time due to the use of technology media during learning tends to increase. This is related to sedentary behavior which also poses a negative risk to the body. To avoid things that are not desirable, a preventive step that can be taken is to find out how the time in front of the screen correlates with current fitness conditions. This study aims to correlate student fitness with screen time during the pandemic. This research is a descriptive analytical observational study conducted with a cross sectional approach. The research subjects were conducted randomly (random sampling), obtained as many as 47 postgraduate students at UNY. The instruments used to collect data are the GPAQ (Global Physical Activity Questionnaire) questionnaire and screen time. Data analysis techniques include quantitative descriptive tests and correlations. The results of this study were 8.69% had moderate physical activity and 91.30% were in the high physical activity category. Subjects with moderate physical activity category have a ratio of 47:52, while the level of physical activity is high, the ratio between activity and rest time is 83% and 16%, the gap between the two is very visible. For screen time, data shows that 95% have more than five years of knowing or using or relying heavily on internet usage. 20 people use the internet for more than 8 hours, 15 people use the internet for 3-5 hours, 10 people are in front of the screen 5-8 hours a day and only one person uses less than two hours a day. The majority use a combination of laptops and smartphones (6.52%), Desktop PCs (15.22%), smartphones (6.52%) and laptops (2.17%). The results showed that there was no significant relationship ( $0.885 > 0.05$ ) between physical activity habits and screen time. Physical activity and screen time in graduate students are in the high category. However, there is no significant relationship between physical activity and screen time.*

Kata Kunci: *fitness, screen time, sedentary behavior*