

ABSTRAK

Latar Belakang : Masa remaja adalah transisi dari masa kanak-kanak ke masa dewasa ditandai dengan perubahan fisik dan psikologis. Remaja yang tidak melakukan aktivitas fisik olahraga rentan mengalami obesitas. Faktor kurangnya aktivitas fisik olahraga yang terjadi pada remaja SMP Pasundan Majalaya yaitu karena jadwal sekolah yang padat, kebiasaan setelah pulang sekolah hanya menonton TV atau berbaring tanpa melakukan aktivitas fisik olahraga. **Metode Penelitian :** *Deskriptif Kuantitatif*, Populasi 32 remaja. Teknik *Total Sampling* dengan 32 sampel. Instrumen penelitian ini menggunakan kuesioner online. Teknik pengumpulan data menggunakan kuesioner *Physical Activity Questionnaire For Adolescents* (PAQ-A) dianalisa dengan analisa univariat. **Hasil Penelitian :** Berdasarkan hasil penelitian dari responden hampir seluruhnya (93,8%) berjenis kelamin perempuan, hampir seluruhnya (84.4%) berusia 11-14 tahun, seluruhnya (100%) berpendidikan SMP serta sebagian besar (68,8%) responden memiliki kategori aktivitas ringan. **Kesimpulan :** Remaja SMP Pasundan Majalaya berkategori aktivitas fisik olahraga ringan.

Kata kunci : Aktivitas Fisik, Olahraga, Remaja

Daftar Pustaka : 8 Jurnal (2017-2021)

3 Buku (2015-2020)

7 Web (2017-2022)

ABSTRACT

Background : Adolescence is a transition from childhood to adulthood marked by physical and psychological changes. Adolescents who do not do physical exercise are prone to obesity. The factor of the lack of physical activity in sports that occurs in Pasundan Majalaya Junior High School teenagers is because of the busy school schedule, the habit after coming home from school just watching TV or lying down without doing physical sports activities. **Research Methods:** Quantitative Descriptive, Population 32 adolescents. Total Sampling technique with 32 samples. The instrument of this research used an online questionnaire. Data collection techniques using the Physical Activity Questionnaire For Adolescents (PAQ-A) questionnaire were analyzed by univariate analysis. **Research Results:** Based on the results of the study, almost all of the respondents (93.8%) were female, almost all (84.4%) were 11-14 years old, all (100%) had junior high school education and most (68.8%) of the respondents had light activity category. **Conclusion:** Pasundan Majalaya Junior High School adolescents are categorized as light physical sports activity.

Keywords: Physical Activity, Sports, Youth

Bibliography : 8 Journals (2017-2021)

3 Books (2015-2020)

7 Web (2017-2022)