

ABSTRAK

Latar Belakang: Penyakit coronavirus, atau yang biasa disebut COVID-19, menjadi wabah global. *Coronavirus disease* (COVID 19) merupakan infeksi saluran pernafasan akut, yang disebabkan oleh *Severe Coronovirus 2* (SARS CoV-2). COVID-19 menyebabkan adanya perubahan orientasi pola hidup pasca berakhirnya masa pandemi COVID-19 yaitu berupa penurunan aktivitas fisik yang dapat mengakibatkan peningkatan risiko terkena suatu penyakit.

Tujuan: Mengetahui hubungan antara aktivitas fisik dengan pola penyakit pada anak Sekolah Dasar (SD) pasca pandemi COVID-19. **Metode:** Desain penelitian menggunakan rancangan penelitian analitik observasional dengan pendekatan *cross sectional*. Analisis data menggunakan uji chi-square untuk mengetahui hubungan antara variabel.

Hasil: Dari 106 responden yang menjadi subjek penelitian, uji chi-square menunjukkan terdapat hubungan yang signifikan antara aktivitas fisik dengan pola penyakit diantaranya yaitu penyakit asma, ISPA dan diare ($p < 0,005$).

Simpulan: Terdapat hubungan yang signifikan antara aktivitas fisik dengan pola penyakit diantaranya yaitu penyakit asma, ISPA dan diare.

Kata kunci: COVID-19, Aktivitas fisik, Sekolah dasar, Pola Penyakit

ABSTACT

Background: Coronavirus disease or commonly called COVID-19, is a disease outbreak that attacks the whole world. Coronavirus disease (COVID 19) is an acute respiratory infection, caused by Severe Coronoavirus 2 (SARS CoV-2). COVID-19 causes a change in lifestyle orientation after the end of the COVID-19 pandemic, namely in the form of a decrease in physical activity, which can result in an increased risk of contracting a disease.

Objective: To determine the relationship between physical activity and disease patterns in elementary school after the COVID-19 pandemic. **Method:** The research method used an observational analytical research design with a cross-sectional approach. The data were analyzed by using the chi-square test to determine the relationship between variables.

Results: Of the 106 respondents who were research subjects, the chi-square test showed that there was a significant relationship between physical activity and disease patterns, including asthma, upper respiratory tract infections, and diarrhea ($p < 0.005$).

Conclusion: There is a significant relationship between physical activity and disease patterns, including asthma, upper respiratory tract infections, and diarrhea.

Key words: COVID-19, Physical Activity, Elementary School, Disease Patter