

# Hubungan Aktivitas Fisik dan Kualitas Tidur dengan Status Gizi pada *Lady Companion* (LC) di Paguyuban Karaoke Argorejo, Kota Semarang

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## ABSTRAK

**Latar Belakang:** Pekerja *Lady Companion* (LC) berusia 18 – 40 termasuk kategori wanita dewasa rentan mengalami permasalahan status gizi. Rendahnya tingkat aktivitas fisik dan buruknya kualitas tidur dapat mempengaruhi status gizi.

**Tujuan:** Mengidentifikasi hubungan aktivitas fisik dan kualitas tidur terhadap status gizi.

**Metode:** Desain penelitian *cross-sectional* dengan metode *observasional analitik*, sampel sebanyak 93 wanita pekerja LC usia 18-40 tahun yang dipilih dengan metode *purposive sampling*. Status gizi ditentukan berdasarkan nilai IMT. Variabel bebas yaitu data aktivitas fisik diperoleh melalui kuesioner *International Activity Questionnaire-Short Form* (IPAQ-SF) dan kualitas tidur diperoleh melalui kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Variabel perancu yaitu usia diperoleh melalui kuesioner biodata subjek, konsumsi alkohol melalui kuesioner *Great Eastern Life*, dan *body image* berdasarkan kuesioner *Figure Rating Scale* (FRS). Data dianalisis menggunakan uji *rank spearman* dan uji regresi linear berganda.

**Hasil:** Sebanyak 24,7% subjek memiliki status gizi gemuk berat, 12,9% gemuk ringan, 57% normal, 4,3% kurus ringan, dan 1,1% kurus berat. Sebanyak 52,7% memiliki aktivitas fisik rendah, 45,2% memiliki aktivitas fisik sedang, dan 2,2% memiliki aktivitas fisik tinggi. Sebanyak 76,3% subjek memiliki kualitas tidur yang buruk, 23,7% memiliki kualitas tidur baik. Analisis bivariat menunjukkan bahwa aktivitas fisik ( $p = 0,000$ ), usia ( $p = 0,036$ ), dan *body image* ( $p = 0,029$ ) berhubungan signifikan dengan status gizi. Analisis multivariat menunjukkan bahwa aktivitas fisik ( $p = 0,000$ ), usia ( $p = 0,002$ ), dan *body image* ( $p = 0,047$ ) berhubungan signifikan dengan status gizi.

**Simpulan:** Terdapat hubungan antara aktivitas fisik, usia, dan *body image* dengan status gizi, dan tidak ada hubungan antara kualitas tidur, frekuensi konsumsi alkohol, jumlah konsumsi alkohol, dan jenis alkohol dengan status gizi pada wanita pekerja LC di Paguyuban Karaoke Argorejo Kota Semarang.

**Kata kunci:** Status gizi, wanita pekerja LC, aktivitas fisik, kualitas tidur

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# ***The Relationship Between Physical Activity and Sleep Quality with Nutritional Status in Lady Companions (LC) at Argorejo Karaoke Association, Semarang City***

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## **ABSTRACT**

**Background:** Lady Companion (LC) workers aged 18-39 fall into the category of adult women who are vulnerable to nutritional status issues. Low levels of physical activity and poor sleep quality can affect nutritional status.

**Objective:** To determine the relationship between physical activity and sleep quality with nutritional status.

**Methods:** The research design was cross-sectional with an analytical observational method, with a sample of 93 female LC workers aged 18-40 years selected using purposive sampling. Nutritional status was determined based on BMI values. The independent variables, physical activity data, were obtained through the International Activity Questionnaire-Short Form (IPAQ-SF) and sleep quality data were obtained through the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The confounding variables, age, were obtained through the subject's biodata questionnaire, alcohol consumption through the Great Eastern Life questionnaire, and body image based on the Figure Rating Scale (FRS) questionnaire. The data were analyzed using Spearman rank test and multiple linear regression test.

**Results:** A total of 24.7% of subjects had a severe overweight status, 12.9% were mildly overweight, 57% were normal, 4.3% were mildly underweight, and 1.1% were severely underweight. About 52.7% had low physical activity, 45.2% had moderate physical activity, and 2.2% had high physical activity. A total of 76.3% of subjects had poor sleep quality, while 23.7% had good sleep quality. Bivariate analysis showed that physical activity ( $p = 0.000$ ), age ( $p = 0.036$ ), and body image ( $p = 0.029$ ) were significantly associated with nutritional status. Multivariate analysis showed that physical activity ( $p = 0.000$ ), age ( $p = 0.002$ ), and body image ( $p = 0.047$ ) were significantly associated with nutritional status.

**Conclusion:** There is a relationship between physical activity, age, and body image with nutritional status, and no relationship between sleep quality, frequency of alcohol consumption, amount of alcohol consumption, and type of alcohol with nutritional status in female LC workers at Argorejo Karaoke Association, Semarang City.

**Keywords:** Nutritional status, female LC workers, physical activity, sleep quality

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