

Formulation of Sedentary Activity Modules as An Effort to Prevent Obesity for Adolescent in SMA Negeri Rambipuji

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ABSTRACT

Sedentary activity or lazy motion is a behaviour of someone who settled or sedentary at work, at home and in transportation within length of time but does not include sleeping time and is not the same as behavioral lack of exercise or regular physical activity. According to several studies, this activity has a bad impact on the body, especially for adolescents, yet there is still teenagers who often do sedentary activity without knowing it, because they do not understand about sedentary activity. Therefore it is necessary to have health intervention through health education which is important to do, where it will be more effective if it is through attractive media so that the material is easier to receive. The purpose of this study was to compile a module as a sedentary activity as an effort to prevent obesity in adolescents at SMA Negeri Rambipuji. This study used a Research and Development (R&D) research design using the *Analysis, Design, Development, Implementation, Evaluation* (ADDIE) design. This study use instruments in the form of a questionnaire and questionnaire interview sheet. Interview sheets and questionnaires are used to collect information and determine problems and questionnaires are used to collect module media needs. This development research uses data analysis techniques, called descriptive qualitative data analysis and quantitative descriptive data analysis. Qualitative data was formed as criticism and suggestions from the validator and will be used as material for improving the product being developed. Quantitative data was formed as assessment results from material experts, called stage 1 72%, stage 2 92%, stage 3 93%, while the results of the assessment from media experts are stage 1 78% with stage 2 98%. The conclusion obtained from this study are a sedentary activity module for obese high school adolescents as a media for nutrition education.

Keywords: Sedentary Activities, Modules Obesity, Adolescents