

**HUBUNGAN ANTARA FREKUENSI KONSUMSI MAKANAN SUMBER
VITAMIN B6 DAN AKTIFITAS FISIK DENGAN KUALITAS TIDUR
PADA SISWA SMAN 2 TAMBUN UTARA DI MASA PANDEMI
COVID-19**

**Oleh:
Firdha Safinah Nurrohmah**

201802017

ABSTRAK

Tidur merupakan salah satu kebutuhan manusia. Remaja seringkali tidak menyadari bahwa dirinya memiliki masalah tidur. Berdasarkan data prevalensi gangguan tidur pada remaja di Indonesia sebesar 63%. Gangguan tidur yang berlangsung dalam jangka panjang dapat mempengaruhi kualitas hidup seperti rasa kantuk yang berlebihan di siang hari dan sulit berkonsentrasi. Penelitian ini dilakukan dengan tujuan untuk mengetahui hubungan antara frekuensi konsumsi makanan sumber vitamin B6 dan aktifitas fisik dengan kualitas tidur pada siswa SMAN 2 Tambun Utara di masa pandemi covid-19. Desain penelitian yang digunakan yaitu *cross sectional* dan pengambilan responden dengan *Simple Random Sampling* sebanyak 64 responden. Data diperoleh dengan FFQ, PAQ-A dan PSQI. Analisis data menggunakan uji *chi-square*. Hasil uji statistik menunjukkan bahwa adanya hubungan antara frekuensi konsumsi makanan sumber vitamin B6 terhadap kualitas tidur ($p\text{-value}<0,05$) dan adanya hubungan antara aktifitas fisik dengan kualitas tidur ($p\text{-value}<0,05$). Kesimpulan yang didapatkan yaitu adanya hubungan antara frekuensi konsumsi makanan sumber vitamin B6 dan aktifitas fisik dengan kualitas tidur pada siswa SMAN 2 Tambun Utara di Masa Pandemi Covid-19.

Kata kunci: Remaja, Frekuensi Konsumsi Vitamin B6, Aktifitas Fisik, Kualitas Tidur

ABSTRACT

Sleep is a human need. Teenagers often do not realize that they have sleep problems. Based on data, the prevalence of sleep disorders in adolescents in Indonesia is 63%. Long-term sleep disturbances can affect quality of life such as excessive daytime sleepiness and difficulty concentrating. This study was conducted with the aim of knowing the relationship between the frequency of consumption of food sources of vitamin B6 and physical activity with sleep quality in students of SMAN 2 Tambun Utara during the covid-19 pandemic. The research design used was cross sectional and respondents were taken using Simple Random Sampling as many as 64 respondents. Data were obtained by FFQ, PAQ-A and PSQI. Data analysis using chi-square test. The results of statistical tests showed that there was a relationship between the frequency of consumption of food sources of vitamin B6 on sleep quality (p-value <0.05) and a relationship between physical activity and sleep quality (p-value <0.05). The conclusion obtained is that there is a relationship between the frequency of consumption of food sources of vitamin B6 and physical activity with sleep quality in SMAN 2 Tambun Utara students during the Covid-19 Pandemic Period.

Keywords: Adolescents, Frequency of Vitamin B6 Consumption, Physical Activity, Sleep Quality