

ABSTRAK

Gaya hidup merupakan salah satu faktor risiko utama pada diabetes melitus tipe 2. Penelitian ini bertujuan untuk memperoleh gambaran tentang pola makan dan aktivitas fisik remaja sebagai faktor risiko diabetes tipe 2. Penelitian ini menggunakan jenis penelitian observasional deskriptif dan rancangan penelitian *cross-sectional*. Penelitian ini menggunakan instrumen berupa kuesioner tervalidasi yang telah melalui uji pemahaman bahasa dan reliabilitas, dengan aspek yang diukur yaitu pengetahuan, sikap dan tindakan. Pengetahuan dan sikap dianalisis dengan cara menghitung jumlah poin (biserial dan likert) pada setiap aspek dan dikategorikan, lalu dihitung persentase per kategori (baik, cukup dan kurang). Tindakan pola makan dibahas secara deskriptif, sedangkan untuk aktivitas fisik dianalisis menggunakan *baecke* kuesioner, lalu dihitung persentase per kategori (ringan, sedang dan berat). Hasil yang didapat yaitu pola makan aspek pengetahuan terdapat 61,2% responden kategori baik dan untuk aspek sikap terdapat 71,4% (baik). Aktivitas fisik aspek pengetahuan terdapat 84,7% (baik); aspek sikap terdapat 45,9% (baik) dan 51% (cukup); sedangkan aspek tindakan 87,8% masuk dalam tingkat aktivitas berat. Pola makan dan aktivitas fisik responden sudah masuk dalam kategori baik di semua aspek, sehingga dapat disimpulkan bahwa pola hidup remaja sudah dapat dikatakan baik.

Kata Kunci: Pola Hidup; Faktor Risiko Diabetes Melitus; Observasional Deskriptif

ABSTRACT

Lifestyle is one of the major risk factors in diabetes mellitus (DM) type 2. This study aimed to get an overview of dietary pattern and physical activity in adolescents as the risk factor of type 2 diabetes. **Method:** the study used a descriptive observational with cross-sectional study design. The instrument used in this study was validated questionnaire that had been tested with language comprehension and reliability test, and its measured aspects were knowledge, attitude and action. Knowledge and attitude were analyzed by calculating the points (*biserial* and *likert*) of each aspect and being categorized, then each category (good, enough and less) were calculated in percentage. Action aspect of dietary pattern was discussed descriptively and physical activity was analyzed using the Baecke questionnaire, and then the percentage of each category (light, moderate and vigorous) were calculated. **Result:** the result of knowledge aspect of dietary pattern showed that there were 61.2% of respondents in good category; and for attitude were 71.4% (good). Knowledge aspect of physical activity showed that there were 84.7% of respondents in good category; for attitude aspect were 45.9% (good) and 51% (enough); while the action aspect were 87.8% in vigorous activity. **Conclusion:** dietary pattern and physical activity of respondents had been categorized as good in all aspects, so that it could be concluded that adolescents' lifestyle was enough to be categorized as good.

Keywords: Life Style; Diabetes Mellitus Risk Factors; Descriptive Observational