ABSTRAK

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HUBUNGAN INDEKS MASSA TUBUH DENGAN AKTIVITAS FISIK PADA PASIEN *LOW BACK PAIN INSTABILITY*

Terdiri dari VI Bab, 45 Halaman, 14 Tabel, 5 Gambar, 3 Skema, 11 Lampiran

Tujuan: Untuk mengetahui hubungan indeks massa tubuh (IMT) dengan aktivitas fisik pada pasien *low back pain instability*. **Metode:** Penelitian ini bersifat deskriptif kuantitatif dengan tipe studi korelasi. Total sampel sebanyak 32 orang pedagang pakaian di Pasar Kopro, Tanjung Duren Selatan yang diperoleh dengan teknik purposive sampling. Data IMT diukur dengan melibatkan komponen tinggi badan dan berat badan, dan aktivitas fisik diukur dengan *global physical activity questionnaire* (GPAQ). **Hasil:** Uji normalitas menggunakan *Kolmogorov smirnov* didapatkan data berdistribusi normal. Uji linearitas dilakukan melalui uji F didapatkan kedua variabel dinyatakan linear. Hasil uji hipotesis dengan uji korelasi *Pearson product moment*, didapatkan $p < 0,001$ yang artinya nilai p signifikan, dengan nilai $r = -0,669$ yang artinya kekuatan korelasi penelitian ini kuat dengan arah korelasi negatif dimana semakin tinggi nilai IMT, maka semakin rendah aktivitas fisik pada pasien LBP *instability*. **Kesimpulan:** Terdapat hubungan antara IMT dengan aktivitas fisik pada pasien LBP *instability*.

Kata Kunci: Indeks massa tubuh, Aktivitas fisik, LBP *instability,* GPAQ

ABSTRACT

CORRELATION BETWEEN BODY MASS INDEX WITH PHYSICAL ACTIVITY IN LOW BACK PAIN INSTABILITY PATIENTS

Consists of VI Chapters, 45 Pages, 14 Tables, 5 Images, 3 Schematics, 11 Appendix

Objective: To determine the relationship between body mass index (BMI) and physical activity in patients with low back pain instability. **Methods:** This research is descriptive quantitative with the type of correlation study. The number of samples as many as 32 clothing traders at Kopro Market, South Tanjung Duren obtained by purposive sampling technique. BMI data was measured by involving components of height and weight, and physical activity as measured by the Global Physical Activity Questionnaire (GPAQ). **Result:** Normality test using Kolmogorov smirnov obtained data with normal distribution. The linearity test was carried out through the F test, it was found that both variables were declared linear. The results of hypothesis testing with the Pearson product moment correlation test, obtained $p < 0.001$ which means the p value is significant, with a value of $r = -0.669$ which means that the correlation strength of this study is strong with a negative correlation direction where the higher the BMI variable, the higher the BMI variable. the lower the variable value of physical activity on the instability of the patient's LBP. **Conclusion:** There is a relationship between BMI and physical activity in patients with LBP instability.

Keywords: Body mass index, Physical activity, LBP instability, GPAQ