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Relationship Between Exercise Activity with Incidence of Overweight-Obesity in Medical Students

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Abstract
WHO stated overweight-obesity are leading risks for global deaths. Overweight-obesity are dramatically increase in developed and developing countries. One of the risk factors of overweight-obesity is due to lack of exercise activity. Objective of this research is to analyze the relation between exercise activity with incidence of overweight-obesity of medical students of medical faculty of Andalas Univesity batch 2013. This research is an analytical observational with case control method. This research conducted in FK Unand on September-October 2015. Population of this research is medical students batch 2013. 26 samples (13 samples were case, 13 samples were control) were taken by purposive sampling technique and analysed using statistical univariate and bivariate analysis. Exercise activity questionnaire were used as research instruments. Based on interview with questionnaire, anaerobic exercise was majority in case group and aerobic exercise was majority in control group. Rare category was majority in exercise frequency of case and control group. Less category was majority in exercise duration of case and enough category was majority in control group. Bivariate analysis is using chi-square test with cell combining to 2x2 table, obtained p-value=0.097 in sort of exercise, p-value=1,000 in frequency of exercise, and p-value=0.112 in duration of exercise, which means statistically insignificant. There is no relation between exercise activity with incidence of overweight-obesity of medical students of FK Unand batch 2013. For medical students who suffers overweight-obesity is suggested for balancing their energy intake and expenditure.

Keywords: Overweight-obesity, Exercise, Aerobic, Anaerobic, Frequency.