COMPLIANCE WITH 24 HOURS PHYSICAL ACTIVITY GUIDELINES AMONG PRIMARY SCHOOL CHILDREN

by Soni Nopembri, Rizki Mulyawan, Pasca Tri Kaloka, Terence Buan Kiong Chua,, Low Seow Ting, Michael Yong Hwa Chia

ABSTRACT

The level of connection between parental behavior and children activity within a 24-hour timeframe has the capacity to be substantial, both in positive and negative aspects, and can influence the growth of non-communicable diseases. The objective of this study is to investigate how variations in the behavior of children and parents over a 24-hour period can mediate the effectiveness of double cross-check efforts in promoting healthy lifestyles. The study will focus on four aspects: patterns of gadget use, physical activity, duration and quality of sleep, and dietary intake. The aim of this study is to examine the correlation between electronic devices usage, engagement in physical activities, duration and quality of sleep, and dietary consumption among the two groups (child and parents). One additional impact of enhancing active and healthy habits in children is how they engage with the regular behavior of parents. Method: This study is a component of a multicenter research project. The data and instrumentation are provided by coordination between Singapore and Indonesian research team. The study design involves a cross-sectional approach, utilizing descriptive quantitative methods. Data from both children and parents are collected using innovative new instruments, with double cross-checking ability to ensure accuracy. The instrument created was Parent-SmallQ Indonesia. The data collected from the content validation findings indicate that the aspects of clarity (0.80 > 0.78), relevance (0.85 > 0.78), and completeness (0.85 > 0.78) have been assessed, with a minimum threshold of 0.78 valid and reliable based on CVI calculation. The process of data analysis will involve multiple steps, beginning with tests to assess normality and homogeneity. This will be followed by difference testing using the Mann-Whitney method, and correlation tests using the Spearman method. Findings: The study identified a total of 53 items in 4 primary domains, namely gadget usage, physical activity, sleep patterns, and eating habits. These items were further categorized into 8 subdomains, focusing on children and parents as the target subjects. The majority of data indicates statistically significant differences (p-value < 0.05) and highly significant differences (p-value < 0.01) between the habits of children and parents, along with significant correlations (p-value < 0.05) and very strong correlations (p-value < 0.01) between children and parent data. Conclusion: The influence of parents on children's habits related to gadget use, physical activity, sleep patterns, and dietary intake is quite significant. Research has shown that programs including parents effectively encourage positive behavior in children across all of these domains. Subsequent investigation will focus on the involvement of parents and children in collaborative activities related to the use of electronic devices, physical exercise, sleep patterns, and dietary habits.

Kata Kunci: *screen-time, physical activity, sleep quality, dietary intake, elementary school children, parents, behavior.*