

ANALYSIS OF SEDENTARY BEHAVIOR OF PRIMARY SCHOOL PHYSICAL EDUCATION SPORT AND HEALTH TEACHERS IN DIY

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ABSTRACT

Sedentary behavior can occur in everyone including teachers, especially for those whose work involves a long sitting time, such as teaching in class or working in front of a computer/laptop for data processing and lesson plans. In fact, sedentary behavior can also occur in PJOK teachers. In the Covid-19 pandemic situation, PJOK teachers experience changes in work patterns, such as teaching online or remotely, which can exacerbate the tendency of sedentary behavior. Advances in technology can also have an impact on increasing the risk of sedentary behavior for teachers, as the ease of access and use of technology can make them spend more time sitting in front of a computer or other technological devices. Sedentary behavior that involves prolonged sitting or lying down has been shown to have a significant association with increased body mass index (BMI) or obesity. This is due to the lack of adequate physical activity which can slow down the body's metabolism and reduce calorie burning, thus leading to fat accumulation in the body. Therefore, it is very important for everyone, including teachers, to reduce sedentary behavior and increase physical activity to maintain health and improve BMI. This study aims to analyze the sedentary behavior of elementary school physical education teachers in the Special Region of Yogyakarta. The research approach used quantitative.

Kata Kunci: *sedentary behavior, elementary physical education teacher*