

# **THE RELATIONSHIP OF PHYSICAL ACTIVITY AND PREVALENCE OF UPPER RESPIRATORY TRACT INFECTION SYMPTOMS IN PRIMARY SCHOOL CHILDREN**

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## **ABSTRACT**

The aim of this study was to determine the relationship between the risk of developing ARI and pneumonia symptoms and the physical activity patterns of elementary school children. This study involved 157 elementary school students who were still registered and active, and volunteered to fill out questionnaires assisted by teachers or parents. The instrument used was The Physical Activity Questionnaire for Older Children (PAQ-C) for elementary school children. Measurement of ISPA symptoms uses the ISPA questionnaire assessment. Data analysis uses standard assessment standards, followed by testing the relationship between variables with linear regression. The results of the study showed that there was a significant relationship between the diagnosis of ARI and symptoms and the diagnosis of Pneumonia, as well as between symptoms and the diagnosis of Pneumonia. There is also a very significant relationship between ARI symptoms and pneumonia symptoms and diagnosis. Meanwhile, physical activity patterns do not have a significant relationship with ARI or pneumonia in elementary school children.

Kata Kunci: *ISPA, Pneumonia, Physical Activity,*