

EFFECT OF LIFESTYLE AND PHYSICAL ACTIVITY ON BODY AGE, HYDRATION, AND FAT PERCENTAGE IN ADOLESCENTS

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ABSTRACT

Background:

Millennial adolescents today are faced with an instantaneous lifestyle and do not care about healthy lifestyles. Lifestyle has a significant influence on human physical and mental health. A healthy lifestyle is always expected by each individual. Regular physical activity is one of the elements contained in a healthy lifestyle. Physical activity such as sports has great benefits in maintaining health, preventing disease and obesity. Lifestyle and physical activity have a significant effect on muscle mass and body fat percentage. Where muscle mass and fat play an important role in body age, hydration and fat percentage.

Destination:

This study aims to determine the relationship between: (1) lifestyle with body age, (2) lifestyle with hydration, (3) lifestyle with a percentage of fat, (4) physical activity with body age, (5) physical activity with hydration, and (6) physical activity with a percentage of fat.

Method:

This research is an analytic observational study conducted with a cross sectional approach. This research plan was carried out at FIK UNY. The instruments used to collect data were lifestyle questionnaires and GPAQ. Body Age, hydration and body fat measurements were measured by the bioelectric impedance method 5 using the Omron handheld bioelectric impedance analyzer. Data analysis techniques include: normality test and correlation test.

Research Targets:

This study was conducted with the aim of knowing the relationship between lifestyle and physical activity with body age, hydration and fat percentage. The research results will be published in reputable scientific journals.

Kata Kunci: *lifestyle, physical activity, body age, hydration, fat percentage, adolescents*