

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
FAKULTAS KESEHATAN
PROGRAM STUDI KESEHATAN MASYARAKAT**

Skripsi, Maret 2025
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**HUBUNGAN AKTIVITAS FISIK DENGAN KEJADIAN MYALGIA
DI WILAYAH KERJA PUSKESMAS PLERED KABUPATEN CIREBON**

xv + 93 + 5 tabel + 2 bagan + 18 lampiran

ABSTRAK

Ketidakaktifan fisik telah menjadi masalah kesehatan global yang signifikan. Organisasi Kesehatan Dunia (WHO) melaporkan bahwa hampir 31% populasi dunia tidak aktif secara fisik, berdampak serius terhadap kesehatan, termasuk gangguan muskuloskeletal seperti myalgia. Di Indonesia, SKI 2023 mencatat bahwa 37,4% penduduk tidak memenuhi standar aktivitas fisik, yang berkontribusi terhadap meningkatnya keluhan nyeri otot. Di wilayah kerja Puskesmas Plered, Kabupaten Cirebon, myalgia menjadi salah satu penyakit terbanyak, dengan 378 kasus tercatat pada Oktober 2024. Oleh karena itu, penelitian ini bertujuan untuk menganalisis hubungan antara aktivitas fisik dengan kejadian myalgia di wilayah kerja Puskesmas Plered Kabupaten Cirebon.

Metode penelitian yang digunakan adalah kuantitatif dengan desain penelitian observasional analitik pendekatan cross-sectional. Sampel pada penelitian ini menggunakan teknik total sampling yaitu masyarakat berusia 25–44 tahun yang mengalami keluhan myalgia di wilayah kerja Puskesmas Plered, Kabupaten Cirebon pada bulan Desember 2024 yang berjumlah 68 responden. Instrumen yang digunakan yaitu *Global Physical Activity Questionnaire* (GPAQ) dan *Numeric Rating Scale* (NRS). Analisis data menggunakan uji distribusi frekuensi dan chi-square dengan alpha sebesar 5%.

Hasil analisis didapat bahwa 31 (45.6%) memiliki aktivitas fisik yang rendah dengan 18 (26.5%) mengalami nyeri sedang dan 13 (19.1%) mengalami nyeri yang berat. Terdapat hubungan yang signifikan antara aktivitas fisik dengan kejadian myalgia di wilayah kerja Puskesmas Plered Kabupaten Cirebon dengan nilai signifikansi 0,000 atau $<0,05$.

Penelitian ini mengonfirmasi bahwa tingkat aktivitas fisik berpengaruh terhadap kejadian myalgia. Oleh karena itu, diperlukan edukasi dan intervensi yang lebih intensif terkait pola aktivitas fisik yang seimbang guna mengurangi risiko myalgia di masyarakat.

Kata Kunci : aktivitas fisik, muskuloskeletal, myalgia

Daftar Pustaka : 45 (2016 – 2025)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
HEALTH FACULTY
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*Mini Thesis, March 2025
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**THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND THE INCIDENCE
OF MYALGIA IN THE WORKING AREA OF PLERED PUBLIC HEALTH
CENTER, CIREBON REGENCY**

xv + 93 pages + 5 tables + 2 charts + 18 enclosure

ABSTRACT

Physical inactivity has become a significant global health concern. The World Health Organization (WHO) reports that nearly 31% of the global population is physically inactive, which has serious health implications, including musculoskeletal disorders such as myalgia. In Indonesia, the 2023 SKI recorded that 37.4% of the population did not meet the recommended physical activity levels, contributing to an increase in muscle pain complaints. In the working area of Plered Public Health Center, Cirebon Regency, myalgia is among the most common illnesses, with 378 recorded cases in October 2024. Therefore, this study aims to analyze the relationship between physical activity and the incidence of myalgia in the working area of Plered Public Health Center, Cirebon Regency.

This study employs a quantitative research approach with an analytical observational design using a cross-sectional method. The sample was selected using a total sampling technique, consisting of individuals aged 25–44 years who experienced myalgia complaints in the working area of Plered Public Health Center, Cirebon Regency, in December 2024, with a total of 68 respondents. The research instruments used were the Global Physical Activity Questionnaire (GPAQ) and the Numeric Rating Scale (NRS). Data analysis was conducted using frequency distribution tests and the chi-square test with a significance level (α) of 5%.

The results showed that 31 respondents (45.6%) had low physical activity levels, with 18 respondents (26.5%) experiencing moderate pain and 13 respondents (19.1%) experiencing severe pain. A significant relationship was found between physical activity and the incidence of myalgia in the working area of Plered Public Health Center, Cirebon Regency, with a significance value of 0.000 ($p < 0.05$).

This study confirms that physical activity levels influence the incidence of myalgia. Therefore, more intensive education and intervention regarding balanced physical activity patterns are necessary to reduce the risk of myalgia in the community.

Keywords: physical activity, musculoskeletal, myalgia

References: 45 (2016 – 2025)