

Original Research

## Analysis of Sociodemographic Factors as a Trigger for a Passive Lifestyle of the College Student in Malang



Dian Pitaloka Priasmoro<sup>1\*</sup>

<sup>1</sup>Institut Teknologi Sains dan Kesehatan RS. dr. Soepraoen, Malang, Indonesia

Article Info	Abstract
Article history: Received: 13 October 2022 Accepted: 24 January 2023	<p><i>Introduction:</i> Passive lifestyles carried out by community groups, such as among students, can cause health problems in the future, such as the emergence of degenerative diseases and endocrine diseases. Certain lifestyles that are carried out can be influenced by internal factors such as sociodemographic factors. This study aims to analyze the sociodemographic factors that trigger passive lifestyle behaviour in students.</p> <p><i>Methods:</i> The design of this research is a description. The research was conducted in June 2022, involving 127 respondents from Malang City. The population in this study were students in the city of Malang; the research sample was some students who lived passive lifestyles. The sampling technique used purposive sampling with the criteria that students were living a passive lifestyle, as evidenced by a score of less than 36 (inactive lifestyle) obtained from screening using a questionnaire. The International Physical Activity Questionnaire (IPAQ) is used to identify the passive lifestyle. The data were analyzed by bivariate analysis with Chi-square and multivariate with odds ratio.</p> <p><i>Results:</i> The results of the study show that the education factor triggers a passive lifestyle among students, with a value of 13.625 or 13.6%, meaning that 13.6% of the trigger for an inactive lifestyle is from the education factor.</p> <p><i>Conclusion:</i> Based on the study's results, it can be concluded that a person's behaviour is determined mainly by their attitudes and understanding. So it is essential to give massive educational efforts to teenagers about the impact of a passive lifestyle to change their behaviour.</p>
Keywords: passive activity, sociodemographic, college student	

\*Corresponding Author:

e-mail: [nersyoully@gmail.com](mailto:nersyoully@gmail.com)



This work is licensed under a Creative Commons Attribution 4.0 International License.

## INTRODUCTION

Lifestyle is a term popular among people, especially in the development of modern society. Lifestyle is very closely related to the image of society, especially among the adolescent or young adult age group. Students are one group that is identical to a particular lifestyle, one of the popular lifestyle trends is hanging out. Hanging out among students is a gathering activity and doing activities to fill spare time [5]. This is done to eliminate boredom or fatigue. Students are one of the groups with specific duties and responsibilities. A student bears the burden they have, such as having to graduate on time, all assignments to fulfill courses, joining an organization, and many others to gain knowledge and experience. This burdensome condition finally makes students try to reduce the burden they feel by doing certain lifestyles. Among the lifestyles carried out by students, some ultimately expend a little energy, namely a passive lifestyle [4].

A passive lifestyle is a form of activity that expends little energy, such as watching television, sitting for long or hanging out, working in front of a computer or laptop, playing games, or doing other physical activities less than 7 hours a day. This condition can also be caused by changes in habits that affect lifestyle such as students from outside the area initially living a simple life, such as cooking themselves but gradually changing after living in urban areas following the habits of friends on campus by buying food. In addition, during the COVID-19 pandemic, lifestyle changes also occurred significantly due to changes in study time;

students spent more time at home than on campus [6,14].

People in urban areas risk experiencing a passive lifestyle because it can also be due to lack of time due to work demands, inadequate facilities, or open space for sports activities [7]. Data from the National Development Planning Agency (Bappenas, 2017) shows that the population of the millennial generation category in Indonesia reaches 90 million people. This amount represents one-third of the total population. The large population of the younger generation in Indonesia, can also cause new problems if increased health services for this group do not follow it. However, the threat of lifestyle changes and unhealthy habits will undoubtedly make the younger generation experience more severe health threats in the future [1]. The study's results [13] stated that 69 % of students majoring in sports spent their daily time passively behaving for at least 4 hours. And the most time spent relaxing in a day, as much as 6 hours by 31 %. Meanwhile, according to a preliminary study from interviews with 10 students in Malang, almost all said they spent their spare time playing online games or social media.

The impact or danger of a passive lifestyle is one of the health aspects, the emergence of degenerative diseases or diseases related to the endocrine system is often associated with a passive lifestyle [16]. [2] mentioned that a passive lifestyle triggers several diseases, such as obesity and diabetes mellitus. This is related to the low activity that makes the balance of the body system disturbed, resulting in the accumulation of fat and glucose in the blood. Factors that

influence lifestyle changes among students can come from internal or external [12]. Internal factors can be in the form of attitudes made by students towards changes in the surrounding environment and self-knowledge experiences so that they impact new patterns of thinking and behaviour. This person's perspective can also be related to sociodemographic factors or traits. At the same time, external factors can be in the form of a friend's environment and a place to live. Based on this description, the researcher is interested in analyzing sociodemographic factors on the incidence of passive lifestyle among students in Malang City.

## **METHODS**

The design in this study is correlational analysis, which aims to identify the most dominant sociodemographic factors behind students in Malang doing a passive lifestyle. The independent variable in this study is the sociodemographic factor, while the dependent variable is a passive lifestyle. The population in this study were all students in the city of Malang aged 18-21 years, with a total of 420 respondents. The research sample was some students who lead a passive lifestyle as measured through the International Physical Activity Questionnaire (IPAQ) instrument with a total of 127 taken through purposive sampling. Furthermore, the data were analyzed by univariate, bivariate and multivariate analysis. Univariate data is presented in percentage, bivariate analysis with Chi-square, while multivariate using odds ratio. This research has carried out a research ethics feasibility

test at the Indonesian Research Ethics Commission with number 2836/KEPK/I/2022.

## **RESULTS**

This research was taken in June-July 2022. Data collection was carried out through primary data collection, namely by distributing google forms and via WhatsApp groups aimed at student respondents living in the Malang City area. The researchers researched the city of Malang because it is a city that is a destination for students to study higher education. In addition, Malang City is also a friendly city for teenagers, so many students are found in the Malang City area. The research results are presented in table 1.

Based on table 1 above, it is known that all respondents of productive age (17-45) years amounted to 127 people (100%), almost all of them had undergraduate education, as many as 114 people (89.8%), nearly all of them were female as many as 109 people (85.8 %), all of respondents are not married, as many as 127 people (100%), almost all of them do not suffer from illness, as many as 121 people (95.2%), almost all of them have no free time, as many as 103 people (81.1%), and more than half of the respondents do not have sports facilities as many as 98 people (81.1%).

Based on table 2, it is known that from sociodemographic factors, the last education, gender, and spare time that meets the correlation test with a value of  $\text{sig}/p = 0.000$ , which means that there is a relationship between the level of education, leisure time, and gender on lifestyle where the higher the level of education, the lifestyle tend to be

active. If the results of the Chi-square test are significant, it can be continued to the odds ratio.

Based on table 3, it is known that all values and CI (Lower and Upper) scores > 1 means that it is a trigger factor; higher

education is a factor that can trigger an active lifestyle where 13.6% or between 3.3% to 57.1 % active lifestyle due to their high education. And the passive lifestyle is caused by the respondent's low education.

**Table 1**

Respondent sociodemographic data

<b>Category</b>	<b>Frequency (F)</b>	<b>Percentage (%)</b>
<b>Age</b>		
Earning (17-45) years	127	100%
<b>Total</b>	<b>127</b>	<b>100%</b>
<b>Education</b>		
Currently studying Diploma 3/D4	114	89,8 %
Currently studying S1/S2/S3	13	10,2 %
<b>Total</b>	<b>127</b>	<b>100%</b>
<b>Gender</b>		
Man	18	14,2%
Woman	109	85,8%
<b>Total</b>	<b>127</b>	<b>100%</b>
<b>Marital status</b>		
Not married yet	127	100%
<b>Total</b>	<b>127</b>	<b>100%</b>
<b>Pain suffered</b>		
There aren't any	121	95,2%
Yes (Asthma, Heart)	6	4,8%
<b>Total</b>	<b>127</b>	<b>100%</b>
<b>Free time for sport</b>		
There is	24	18,9%
There aren't any	103	81,1%
<b>Total</b>	<b>127</b>	<b>100%</b>
<b>Sports facilities around the place of residence</b>		
There is	98	81,1%
There aren't any	29	18,9%
<b>Total</b>	<b>127</b>	<b>100%</b>
<b>Lifestyle (Screening by IPAQ)</b>		
Active	293	69,8%
Passive	127	30,2%
<b>Total</b>	<b>420</b>	<b>100%</b>

**Table 2**

Chi-square analysis of sociodemographic factors on a passive lifestyle

<b>Sociodemographic factors</b>	<b>Lifestyle (p-value)</b>
Last education	0,000
Gender	0,000
Marital status	0,102
Pain suffered	0,115
Spare Time	0,000

**Table 3**

Risk Estimate of Sociodemographic Factors on Lifestyle

	<i>Value</i>	<i>95% Confidence Interval</i>	
		<i>Lower</i>	<i>Upper</i>
<i>Odds Ratio</i> for the last education	13,625	3,252	57,076

**DISCUSSION**

Passive behaviour has become attention in global health. One-third of the global population aged 15 years and older engage in insufficient physical activities, which affects health. However, the health risks posed by passive behaviours are not well known [11], even though we all know that a lifestyle that is recommended by the health sector and good mental and physical status in childhood facilitate lifelong health[16,17].

Table 2 shows that sociodemographic factors such as gender, leisure time, and education level significantly trigger a passive lifestyle in students. Table 1 shows that most of the respondents are female, as many as 109 respondents (85.8%) and a small proportion are male, as many as 18 (14.2%). According to

previous studies, this is related to the characteristics of women who prefer activities that do not expend energy or sweat [2]. Women are likelier to like things related to existence or self-disclosure through social media than direct interactions. This assumption is in line with data from the Central Statistics Agency [3,12], which states that in the millennial generation, women prefer to use computers, laptops or cell phones. Although men also like it, here, what makes the difference is the purpose of using it. Women need more to exist and seek information. The use is almost evenly distributed among women who live in cities and villages. It means that the impact of comprehensive technological developments can lead to lifestyle changes.

In addition to the gender factor, it is known that another factor that can trigger a passive lifestyle is the availability of free time. Table 1 shows that almost all respondents stated they did not have free time, as many as 103 (81.1%). Researchers assume this data that respondents from among students do not have time to do active activities because of their workload as students. The limited time to release the burden is spent more on gathering activities with friends or social media. They can do other activities such as light exercise, walking, cycling, gardening, or others. This condition is also closely related to gender differences, which have been explained previously that most of the respondents were female in this study. This research is in line with research [8,20] which states that women are more likely to have negative attitudes related to health behaviour. Women prefer behaviours that expend little energy, but without realizing this behaviour can be detrimental to health, as passive behaviour can trigger diseases such as gout.

The third factor related to a passive lifestyle is the level of education. Based on table 1, it is known that the education level of students is currently almost entirely studying at Diploma 3 and 4 levels with a total of 114 respondents (89.8%). And a small proportion is now looking at the undergraduate level 1, 2, or 3, as many as 13 respondents (10.2%). In table 3, it is also known that the odds ratio for the education level value is 13.6 or 13.6%, which means that education triggers a passive lifestyle of 13.6%. Researchers assume the results of this study that the higher a person's education level, the higher the level of education will be compared to graduation

with work and income. So that among students who are currently studying at the master's and doctoral programs are less likely to live a passive lifestyle because this group may have more opportunities to choose their lifestyle, such as renting a sports venue or doing other activities, such as cycling. Of course, it requires significant financing compared to activities that do not move places. According to [9], education is one aspect or dimension that is important for humans. Education is a means to achieve specific social goals for a better life. Education can also change individual behaviour to get a better quality of life. In terms of health, the same applies, that a healthy lifestyle is easier to teach to someone with education. Based on this description, education plays a significant role in changing a person's behaviour. However, it is known that other contributing factors can change a person's behaviour by another 86.4 %. However, as we know that there is a 13.6 % contribution of education as a trigger for a passive lifestyle, we can plan follow-up actions to overcome this, such as by increasing education in the non-formal sector through health promotion.

Personal awareness is no less critical in this regard, according to [15], which states that life in urban areas has begun to experience social shifts, such as glamorous lifestyles, royalty, and hedonism. Such a lifestyle triggers a person to prefer light activities rather than spending energy like people who live in rural areas. In addition, other factors may be a shift in work or hobbies for young people, such as making vlogs or video blogs as one of the social media content, new ideals related to the reality of life change

the view of the younger generation to present life from different sides through vlogs. But on the other hand, this type of work makes a person less time spent on active outdoor activities [10]. Sometimes the person does not understand their impact on biological processes, and they may mediate or moderate physiological response and adaptation to exercise [18].

## CONCLUSION

From the results of the study, it was concluded that sociodemographic factors such as gender, education level and leisure time on inactive lifestyles in students in Malang City, among these three factors, education is the most dominant trigger of a passive lifestyle, with an odds ratio of 13.6 or 13.6%. The results of this study provide empirical data that internal or sociodemographic factors influence a person's behaviour, including whether the person chooses a passive lifestyle. A person's attitude and knowledge greatly determine his behaviour, so it is necessary to provide massive educational efforts through various media among students about the impact of a passive lifestyle to change their behaviour. Entering the era of globalization, teenagers spend a lot of time using the internet for various purposes, especially social media, information, entertainment, and communicating on social networking sites. The frequency of internet use among students is also widespread before bedtime, during breaks, or outside the home [8].

## REFERENCES

- [1] Agustini, A. (2019). Promosi Kesehatan. Yogyakarta: Deepublish Publisher.
- [2] Adliyani, Zaraz Obelle N. (2015). Pengaruh perilaku individu terhadap hidup sehat. *Jurnal Majority*, Vol. 4 No.7.109-114
- [3] Badan Pusat Statistik. (2018). Statistik Gender Tematik: Profil Generasi Milenial Indonesia. Kementrian Pemberdayaan Perempuan dan perlindungan Anak; Jakarta.
- [4] Fang, H., Quan, M., Zhou, T., Sun, S., Zhang, J., Zhang, H., Cao, Z., Zhao, G., Wang, R., & Chen, P. (2017). Relationship between Physical Activity and physical Fitness in Preschool Children: A Cross-Sectional Study. *BioMed Research International*, <https://doi.org/10.1155/2017/9314026>.
- [5] Firman, F., & Rahayu, S. (2020). Pembelajaran Online di Tengah Pandemi Covid-19. *Indonesian Journal of Educational Science (IJES)*, 2(2), 81–89. <https://doi.org/10.31605/ijes.v2i2.659>.
- [6] Huang, Y., & Zhao, N. (2020). Chinese Mental Health Burden during the COVID-19 pandemic. *Asian Journal of Psychiatry*, 51(March), 102052. <https://doi.org/10.1016/j.ajp.2020.102052>
- [7] Ismahmudi, R. (2015) Faktor-Faktor yang Mempengaruhi Motivasi Mahasiswa dalam Melakukan Aktivitas Fisik di Sekolah Tinggi Ilmu Kesehatan Muhammadiyah Samarinda." *Electronic Theses & Dissertations*. Universitas Gadjah Mada.

- [8] Juwita, Elsa Puji, dkk. (2015). Peran media sosial terhadap gaya hidup siswa SMA Negeri 5 Bandung. *Jurnal Societas*. Vol.5 No.1.
- [9] K. Fadhli and D. Fahimah. (2021). Pengaruh Pendapatan, Pendidikan, Dan Gaya Hidup Terhadap Kesejahteraan Keluarga Penerima Manfaat (Kpm) Bantuan Sosial Covid-19. *Jurnal Education And Development*. Vol. 9, No. 3, pp. 118-124.
- [10] M. Wawan, A & Dewi. (2010). Teori dan Pengukuran Pengetahuan, Sikap dan Perilaku Manusia. Yogyakarta: Nuha Medika.
- [11] Park JH, Moon JH, Kim HJ, Kong MH, Oh YH. (2020) Sedentary Lifestyle: Overview of Updated Evidence of Potential Health Risks. *Korean J Fam Med*. Nov;41(6):365-373.
- [12] Prabawati, Valentina & Arymami, Dian. (2017). Disertasi: Gaya hidup keluarga sebagai representasi status sosial. UGM: E-repository.ugm.ac.id
- [13] Praja, D.& Damayantie (2011) Potret Gaya Hidup Hedonisme di Kalangan Mahasiswa (Studi pada Mahasiswa Sosiologi Fisip Universitas Lampung). *Jurnal. Sociol. Univ. Lampung*, vol. 1, no. 3, pp. 192-193.
- [14] Rofii, Imam. (2021). Analisis gaya hidup mahasiswa selama pembelajaran online di masa pandemi. *Jurnal Kesehatan Olahraga*, 09 (03), 231-240
- [15] Sulata, M. A., & Hakim, A. A. (2020). Gambaran Perkuliahan Daring Mahasiswa Ilmu Keolahragaan Unesa di Masa Pandemi Covid-19. *Jurnal Kesehatan Olahraga*, 08(03), 147-156.
- [16] Sumiyoshi, T., Seki, N., Amarasinghe, T., Thennakoon, S. K., & Kubota, S. (2021). Lifestyle Changes and Passive Smoking Risk in Rural Japan: Comparing Cross-Sectional Surveys. *Global Journal of Health Science*, 13(6), 110. <https://doi.org/10.5539/gjhs.v13n6p110>
- [17] Tarigan, Debby Ingan. (2015). Kajian gaya hidup masyarakat di kelurahan Bahu Kecamatan Malalayang Kota Manado. E-journal 'Acta Diurna'. Vol.4 No.(4).
- [18] Tremblay, M. S., Colley, R. C., Saunders, T. J., Healy, G. N., & Owen, N. (2010). Physiological and health implications of a sedentary lifestyle. *Applied Physiology, Nutrition and Metabolism*, 35(6), 725-740. <https://doi.org/10.1139/H10-079>
- [19] Ulfa, Zuly Daima & Mikdar, Ujen Z. (2020). Dampak pandemic Covid-19 terhadap perilaku belajar, interaksi sosial, dan kesehatan bagi mahasiswa FKIP Universitas Palangkaraya. *JOSSAE (Journal of Sport Science and Education)*. Vol.5, No.2. hal.124-138.
- [20] Yuswatiningsih, Endang & Maunaturrohmah, Agustina. (2022). Relationship between attitude and preventive behaviour or increased uric acid levels in the elderly. *Babali Nursing Research*. Vol 3 No(2), 38-46.