

ABSTRAK

Peningkatan teknologi tidak selari dengan tahap kesihatan masyarakat pada masa kini. Peningkatan teknologi dikaitkan sebagai pemudahcara dalam melaksanakan kerja harian namun ia memberi kesan negatif kerana ia mendorong masyarakat untuk menjalani gaya hidup yang sedentari terutamanya pekerja pejabat. Kajian keratan rentas ini bertujuan untuk mengkaji hubungan aktiviti fizikal berasaskan pedometer dengan tahap kelesuan serta kualiti tidur dalam kalangan penjawat awam (Kumpulan Sokongan) Unit Pentadbiran & Kewangan di Jabatan Kesihatan Awam, Ibu Pejabat Kementerian Kesihatan Malaysia. Seramai 77 penjawat awam terlibat dalam kajian yang dipilih secara *universal sampling*. Responden diminta untuk memakai pedometer dan merekodkan masa duduk serta bilangan langkah semasa dan selepas masa bekerja untuk tempoh 4 hari. Berdasarkan hasil kajian, majoriti responden tergolong di tahap aktiviti fizikal sederhana aktif iaitu berjalan antara 7500 hingga 9999 langkah seharian. Selain itu, berdasarkan hasil kajian mendapati majoriti responden mempunyai tidur yang berkualiti dan berada di tahap kelesuan yang rendah. Analisa hasil kajian mengenai pengetahuan aktiviti berjalan 10,000 langkah menunjukkan majoriti responden berada di pengetahuan yang rendah dan dari segi pebezaan dalam ciri-ciri demografi pula menunjukkan tidak terdapat perbezaan yang signifikan antara aktiviti fizikal, tahap kelesuan dan kualiti tidur dengan ciri-ciri demografi namun hanya terdapat perbezaan yang signifikan antara aktiviti fizikal dengan tempat kerja dimana $p > 0.05$. Berdasarkan analisa hasil kajian, di dapati tidak terdapat hubungan yang signifikansi antara aktiviti fizikal dengan tahap kelesuan kerana nilai $p > 0.005$ namun begitu terdapat hubungan yang signifikansi antara aktiviti fizikal dengan kualiti tidur kerana nilai $p < 0.01$. Kesimpulannya pelaksanaan aktiviti 10,000 langkah dilihat sebagai salah satu platform untuk merubah tingkahlaku daripada sedentari kepada aktif di tempat kerja dan hasil kajian digunakan dalam membentuk program aktiviti fizikal yang selari dengan tahap kecergasan responden untuk dijadikan ia sebagai rutin untuk mereka bergiat aktif.

ABSTRACT

Technological advances are not parallel with society's health status. Technological advances are linked to facilitators in daily work execution but they have a negative impact as it encourages people to undergo sedentary lifestyle especially for office workers. This cross-sectional study aims to investigate the relationship between the physical activity using pedometer with the level of fatigue and sleep quality among the civil servants (Support Groups) of the Administration & Finance Unit at Public Health Department, Ministry of Health Malaysia. A total of 77 civil servants were chosen using universal sampling. The respondents wore a pedometer and recorded sitting times and steps counts during and after working hour for four days. Based on the results, majority of the respondents were active at the moderate level of active physical activity which they walked between 7500 to 9999 daily steps. In addition, majority of respondents had a good quality sleep and they were at low fatigue level . The results showed that the majority of respondents had low knowledge about 10 000 steps and in terms of difference in demographic characteristics, there is no significant difference between physical activity, fatigue and sleep quality with demographic features but it showed there was significant difference between physical activity and work place where $p > 0.05$. Results showed there was no significant correlation between the physical activity and the fatigue level as the value of p exceeded 0.005. However, the results showed that there was a significant correlation between physical activity and sleep quality ($p < 0.01$) . In conclusion, the implementation of 10,000 steps is seen as one of the platforms to change behaviors from sedentary to active at workplace and the results of the study are used to develop a physical activity program that is suitable with the fitness level of the respondents to be used as a routine for them to be active.