

## ABSTRACT

Putra, Dyan Eka Riyanto. 2015. ***Effect of Excess Weight On The Level Activities At Brawijaya University Student Campus IV***. Final project. Department of Nursing, Faculty of Medicine, Brawijaya of University. Advisor: (1) Ns. M. Fathoni, S.Kep.MNS (2) Ns. Tina Handayani Nasution, S.Kep, .M.Kep

Being overweight is a multifactorial disease, which occurs due to excessive accumulation of fat tissue, which can impair health. With increase in weight, the size of the fat cells will increase in size and then multiply numbers. The occurrence of excess weight is determined by too much food and too little physical activity or exercise, or both. Therefore someone who are overweight are likely to affect the activity. This study aimed to analyze the effect of overweight on the level of activity on campus IV Brawijaya University students. The study design used a *cross-sectional study* and take samples 20 students who are overweight using *non-probably sampling* technique with *Purposive Sampling* method. Data were collected with the help of questionnaires. From the data analysis using Spearman correlation test values obtained correlation coefficient -0.791 with significance ( $<0.05$ ) is 0.000, which means there is a negative correlation (-0.791) and strong between the variables overweight and activity. The higher the excess weight, the lower activity. Researchers concluded there was an effect of overweight on the level of activity on campus IV Brawijaya University students. Suggestions for relevant agencies, in this study can be used as additional knowledge to medical school Brawijaya University Campus IV that exist between overweight influence on the level of activity on campus IV Brawijaya University students and so reduces future overweight students in these institutions by providing Additional activities on students.

Keywords: Excess Weight, Activity Level