

CHAPTER 5

CONCLUSION AND SUGGESTIONS

5.1 Conclusion

Based on the results of research and discussion on the relationship between physical activity and the risk of diabetes mellitus in elementary school children (8-12 years), the following conclusions can be drawn:

1. Physical activity of elementary school children at SDN Tasikmadu 1 Malang City The majority of respondents in this study had moderate levels of physical activity.
2. Risk of Diabetes Mellitus (DM) in elementary school children at SDN Tasikmadu 1 Malang City Most respondents are in the moderate risk category for diabetes mellitus.
3. The results of statistical analysis showed that there was no statistically significant relationship between physical activity levels and the risk of diabetes mellitus ($p = 0.294 > 0.05$).

Based on the specific objectives that have been outlined regarding the relationship between physical activity and the risk of diabetes mellitus in elementary school children (8-12 years), it can be concluded that overall, statistically, there is no significant relationship between physical activity and the risk of diabetes mellitus in elementary school children.

5.2 Suggestion

Based on the results of the research conclusions regarding the relationship between physical activity and the risk of diabetes mellitus in elementary school children (8-12 years), the researcher would like to provide the following suggestions.

1. Advice for Parents and Schools

It is necessary to increase monitoring and support for children's physical activity, with the help of junior doctors to encourage involvement in varied and routine active activities for at least 60 minutes per day. Outdoor activities such as active games or light exercise are highly recommended to reduce the risk of DM early on.

2. Advice for Health and Counseling Workers

It is recommended to conduct regular education on the importance of physical activity and control of DM risk factors in children. Early screening programs related to DM risk can be combined with monitoring of daily activity habits.

3. Suggestions for Further Researchers

It is better to use a larger sample with a more even distribution of activity categories and consider other confounding variables such as food intake, body mass index (BMI), and family history of DM so that the research results are more comprehensive and accurate.

4. Suggestions for the Government

It is necessary to develop policies that support increasing children's physical activity in school and community environments, including the provision of safe and attractive sports facilities, and the integration of health education into the primary school curriculum.