

*Attachment 1 Physical Activity Questionnaire for Children***PHYSICAL ACTIVITY QUESTIONNAIRE****(Physical Activity Questionnaire for Children (PAQ-C))**

No :

Gender :

Age :

Class :

Instruction :

This questionnaire is for your help to fill out, the purpose is to find out the level of physical activity of all of you for the past 7 days (this week). The contents include sports or dances that make you sweat or your legs feel tired, or games that make you breathe heavily, such as running, jumping rope, climbing, and others.

-
1. Physical activity in your free time: Have you ever done any of the following activities in the last 7 days (during this week)? If yes, how many times? (only tick the ones in each line yes)

No	Activity	Never	1-2x	3-4x	5-6x	7x or more
1	Jump rope					
2	Self-defense/pencak silat					
3	Table tennis					
4	Walking for exercise					

5	Bicycle					
6	Jogging/running					
7	Aerobics					
8	Swim					
9	Casting/baseball/soft ball					
10	Dance					
11	Football/futsal					
12	Badminton/badminto n					
13	He likes					
14	other.....					
15					

2. In the last 7 days, during PE class, how active were you (running, jumping, throwing, playing with all your might)? (check only one)
 - a. Don't like sports
 - b. Seldom
 - c. Sometimes
 - d. Quite often
 - and. Always/every time

3. In the last 7 days, what did you usually do during your first break? (check only one)
 - a. Sitting (talking, reading, doing homework)
 - b. Just stand or walk around
 - c. Run or play for a while
 - d. Walk and play long enough
 - and. Running around and playing during recess

4. In the last 7 days, what did you usually do during your second break?
(check only one)
- a. Sitting (talking, reading, doing homework)
 - b. Just stand or walk around
 - c. Run or play for a while
 - d. Walk and play long enough
 - and. Running around and playing during recess
5. In the last 7 days, after school, how many days did you do sports, dance, or play games that required you to be active? (check only one)
- a. Never
 - b. 1x last week
 - c. 2-3x last week
 - d. 4x last week
 - and. 5x last week
6. In the last 7 days, in the afternoon, how many days did you do sports, dance, or play games that required you to be active? (check only one)
- a. Never
 - b. 1x last week
 - c. 2-3x last week
 - d. 4x last week
 - and. 5x last week
7. In the last week, how many times did you do sports, dance, or play very active games? (check only one)
- a. Never
 - b. 1x last week
 - c. 2-3x last week
 - d. 4x last week
 - and. 5x last week

8. Choose one of the statements below that you feel best describes you.
- All or most of my free time is spent on activities that do not require much effort or physical movement.
 - I sometimes (1-2x in the last week) do physical activities in my free time (sports games, running, swimming, cycling, aerobics)
 - I often (3-4x in the last week) do physical activities in my free time.
 - I quite often (5-6x in the last week) do physical activities in my free time.
- and. I very often (7x or more in the last week) do physical activities in my free time.
9. How often did you do physical activities (sports games, dancing, other physical activities) for each day in the last week (check only one)

N o	Day	Never	A little	Reasona ble	Often	Very often
1	Monday					
2	Tuesday					
3	Wednesd ay					
4	Thursda y					
5	Friday					
6	Saturday					
7	Sunday					

Attachment 2 Anthropometric screening sheet

No	Age (Years)	Gender	Waist size	Body Weight	Height	IMT	Nutritional status
1							
2							
3							
4							
5							
6							
7							
Dsr.							

Attachment 4 Introductory ethics licensing sheet

RESEARCH PERMIT/ETHICAL CLEARANCE APPLICATION

Research proposal with the title:
**The Relationship between Physical Activity and the Risk of Diabetes Mellitus in
Elementary School Children (8-12 Years)**

By: Rafina Bimantari

NIM: P17211217141

It has been declared suitable for follow-up with research, then please issue a Letter of
Permission to the Institution where the Research is being carried out and/or to the Ethical
Clearance Team if necessary.

Know
Mentor



(Dr. Erlina Suci Astuti, S.Kep., Ns., M.Kep)
NIP. 197608102002122001

Malang.
Applicant



(Rafina Bimantari)
NIM. P17211217141

Attachment 5 Informed Consent Sheet

Consent After Explanation (Informed Consent):

I am Rafina Bimantari, a researcher from **Ministry of Health Polytechnic of Malang, Nursing Department**, hereby ask you to voluntarily participate in the research entitled "**(Relationship between Physical Activity and the Risk of Diabetes Mellitus in Elementary School Children (8-12 Years))**" with several explanations as follows:

1. The purpose of this study was to determine the relationship between Physical Activity and the Risk of Diabetes Mellitus in Elementary School children, using a method/procedure for collecting data through a questionnaire.
2. You are involved in the research because the researcher is interested in conducting research on elementary school children. Your involvement in this research is voluntary.
3. If you do not agree with this method, you can choose another way, namely to withdraw or you may not participate in this research at all. For that, you will not be subject to any sanctions.
4. This research will last for 5 days
5. You will be given compensation in the form of a reward for lost time/other inconveniences by completing the questionnaire.
6. After completing the research, you will be given information about the general research results through a written report that will be given to the school.
7. You will receive information about your health condition during data/sample collection via a questionnaire.
8. You will get information if a relationship between physical activity and the risk of diabetes mellitus is found in elementary school children during this study.
9. You will also be informed of other data related to your condition that may be found during sampling/data collection, except for the results of data tabulation obtained by the researcher.
10. The sampling procedure is by distributing questionnaires (write according to the research method), this method may take up a lot of your time to fill out the questionnaire due to participation in the research.
11. The benefit you get from your participation is knowing your physical activity in the last 7 days.

12. The research was conducted with the hope that it would provide benefits for students and schools to find out about physical activity.

This research was not conducted online and did not use online or digital tools.

I hope you are willing to be a respondent in this study where you will fill out a questionnaire related to the study. After you have read the intent and purpose of the study above, I ask you to fill in your name and signature below.

I agree to participate in this research.

No : _____

Signature : _____

Thank you for your willingness to participate in this research.

Yours faithfully

Witness

Researcher

(Parents/Homeroom Teachers)
Bimantari

Rafina

Attachment 6 Research Ethics Cover Letter



Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
 Politeknik Kesehatan Malang
 Jalan Besar Ijen 77C
 Malang, Jawa Timur 65112
 (0341) 566075
<https://poltekkes-malang.ac.id>

Nomor : PP.06.02/F.XXI.15/674/2025 30 April 2025
 Perihal : Permohonan Surat Keterangan Kelaikan Etik (*Ethical Clearance*) Dalam Rangka Pengambilan Data untuk Penyusunan Skripsi

Yth. Ketua Komite Etik Penelitian Kesehatan (KEPK) Poltekkes Kemenkes Malang

Sehubungan dengan kegiatan penyusunan Skripsi bagi Mahasiswa Program Studi Sarjana Terapan Keperawatan Malang Jurusan Keperawatan Poltekkes Kemenkes Malang, maka dengan ini kami mohon bantuan untuk diterbitkan Surat Keterangan Kelaikan Etik (*Ethical Clearance*) dan sepanjang mahasiswa tersebut memenuhi ketentuan yang berlaku.

Adapun nama mahasiswa adalah sebagai berikut:

Nama : Rafina Bimantari
 NIM/Semester : P17211217141 / VIII
 Asal Program Studi : Sarjana Terapan Keperawatan Malang
 Judul Skripsi : Hubungan Aktivitas Fisik dengan Risiko Diabetes Melitus pada Anak Usia Sekolah Dasar (8-12 Tahun)
 No. HP : 085646615888

Demikian atas perhatian dan kerjasamanya disampaikan terima kasih.

Ketua Jurusan Keperawatan Poltekkes
 Kemenkes Malang,



Dr. Erlina Suci Astuti, S.Kep, Ns, M.Kep



Attachment 7 Certificate of Ethical Suitability



Kementerian Kesehatan

Direktorat Jenderal
Sumber Daya Manusia Kesehatan
Politeknik Kesehatan Malang
Komisi Etik Penelitian Kesehatan
Jalan Besar Ijen Nomor 77 C Malang
(0341) 566075
komisietik@poltekkes-malang.ac.id

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL APPROVAL
"ETHICAL APPROVAL"

No.DP.04.03/F.XXI.30/00480/2025

Protokol penelitian versi 2 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : RAFINA BIMANTARI
Principal In Investigator

Nama Institusi : POLTEKKES KEMENKES MALANG
Name of the Institution

Dengan judul:
Title

"HUBUNGAN AKTIVITAS FISIK DENGAN RISIKO DIABETES MELITUS PADA ANAK USIA SEKOLAH DASAR (8-12 TAHUN)"

"THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND THE RISK OF DIABETES MELLITUS IN ELEMENTARY SCHOOL CHILDREN (8-12 YEARS)"

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 16 Juni 2025 sampai dengan tanggal 16 Juni 2026.

This declaration of ethics applies during the period June 16, 2025 until June 16, 2026.



June 16, 2025
Chairperson,



Dr. Susi Milwati, S.Kp., M.Pd.

Attachment 8 Data Collection Permit Certificate



Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
 Politeknik Kesehatan Malang
 Jalan Besar Ijen 77C
 Malang, Jawa Timur 65112
 (0341) 566075
<https://poltekkes-malang.ac.id>

Nomor : PP.06.02/F.XXI.15/706/2025 6 Mei 2025
 Perihal : Permohonan Ijin Pengambilan Data untuk Penyusunan Skripsi Mahasiswa
 Jurusan Keperawatan Poltekkes Kemenkes Malang

Kepada Yth:
 Kepala SDN Tasikmadu 1 Malang
 Jl. Golf No. 71, Tasikmadu, Kec. Lowokwaru, Malang
 di –
Tempat

Bersama ini kami mohon bantuan demi terlaksananya kegiatan Pengambilan Data untuk bahan penyusunan Skripsi bagi Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Malang di wilayah kerja SDN Tasikmadu 1 Malang. Pengambilan data yang dimaksud akan dilaksanakan mulai tanggal 05 - 16 Mei 2025.

Adapun mahasiswa yang akan melaksanakan Pengambilan Data adalah:

Nama : Rafina Bimantari
 NIM/Semester : P17211217141 / VIII
 Asal Program Studi : Sarjana Terapan Keperawatan Malang
 Judul Skripsi : Hubungan Aktivitas Fisik dengan Risiko Diabetes Melitus Pada Anak Usia Sekolah Dasar (8-12 tahun)
 No. HP : 085646615888

Demikian atas perhatian dan kerjasamanya disampaikan terima kasih.

Ketua Jurusan Keperawatan Poltekkes Kemenkes
 Malang,



Dr. Erlina Suci Astuti, S.Kep, Ns, M.Kep

Kementerian Kesehatan tidak menerima suap dan/atau gratifikasi dalam bentuk apapun. Jika terdapat potensi suap atau gratifikasi silahkan laporkan melalui HALO KEMENKES 1500567 dan <https://wbs.kemkes.go.id>. Untuk verifikasi keaslian tanda tangan elektronik, silahkan unggah dokumen pada laman <https://ttd.keminfo.go.id/verifyPDF>. Dokumen ini menggunakan sertifikat elektronik yang diterbitkan oleh Balai Besar Sertifikasi Elektronik (BSiE), Badan Siber dan Sandi Negara



Attachment 9 Research Permit Reply Letter



PEMERINTAH KOTA MALANG
DINAS PENDIDIKAN DAN KEBUDAYAAN
SD NEGERI TASIKMADU 1
KECAMATAN LOWOKWARU
Jl. Golf 71 Tasikmadu ☎ (0341) 491620 MALANG
E-mail: tasikmadu.1@gmail.com Website: www.sdntasikmadu1.sch.id
Kode Pos 65143



Nomor : 422/046/35.73.401.01.185/2025
Perihal : Permohonan Ijin Penelitian

Kepada
Yth. Poltekkes Kemenkes Malang
di Malang

Menindaklanjuti Surat dari Politeknik Kesehatan Kemenkes Malang pada tanggal 07 Mei 2025 Perihal : Permohonan ijin penelitian untuk penyusunan proposal skripsi mahasiswa jurusan Keperawatan Poltekkes Kemenkes Malang.

Sehubungan dengan hal tersebut, dengan ini kami menyatakan tidak keberatan untuk dilakukan penelitian terkait Hubungan Aktivitas Fisik dengan Risiko Terjadinya Diabetes Mellitus Pada Anak Sekolah Dasar Usia 8-12 Tahun di SDN Tasikmadu 1 Malang serta memberikan ijin kepada :

Nama : Rafina Bimantari
NIM/Semester : P17211217141/VIII
Asal Program Studi : Sarjana Terapan Keperawatan Malang

Demikian surat ini dibuat, atas perhatiannya disampaikan terima kasih.




Malang, 28 Mei 2025

Kepala SDN Tasikmadu 1 Malang,



SUSMARTI DWIKORAINI, S.Pd
001021989042001

Attachment 10 Certificate of Completion of Research

	<p>PEMERINTAH KOTA MALANG DINAS PENDIDIKAN DAN KEBUDAYAAN SD NEGERI TASIKMADU 1 KECAMATAN LOWOKWARU Jl. Golf 71 Tasikmadu ☎ (0341) 491620 MALANG <i>E-mail: tasikmadu.1@gmail.com Website: www.sdntasikmadu1.sch.id</i></p>	
Kode Pos 65143		
<p><u>SURAT KETERANGAN PENELITIAN</u> No. 422/046/35.73.401.01.185/2025</p>		
<p>Saya yang bertanda tangan dibawah ini :</p>		
Nama	:	SUSMAWATI DWIKORAINI, S.Pd
Jabatan	:	Kepala SDN Tasikmadu 1 Malang
Alamat	:	Jl. Golf No 71
Telp.	:	(0341) 491620
<p>Dengan ini menerangkan bahwa :</p>		
Nama	:	Rafina Bimantari
Program Studi	:	Sarjana Terapan Keperawatan Poltekkes Kemenkes Malang
Penelitian	:	Hubungan Aktivitas Fisik dengan Risiko Terjadinya Diabetes Mellitus Pada Anak Sekolah Dasar Usia 8-12 Tahun
<p>Nama diatas telah melaksanakan kegiatan penelitian di SDN Tasikmadu 1 Malang pada tanggal 07 – 16 Mei 2025.</p>		
<p>Demikian Surat Keterangan ini dibuat untuk dipergunakan sebagaimana mestinya.</p>		
<p>Malang, 28 Mei 2025 Kepala SDN Tasikmadu 1 Malang,</p>		
		
<p>SUSMAWATI DWIKORAINI, S.Pd NIP. 801021989042001</p>		

Attachment 11 Guidance Sheet



LEMBAR BIMBINGAN SKRIPSI
PRODI SARJANA TERAPAN KEPERAWATAN MALANG
JURUSAN KEPERAWATAN POLTEKKES KEMENKES MALANG

Nama Mahasiswa : RAFINA BIMANTARI
 NIM : P17211217141
 Nama Pembimbing (1/2)* : Dr. Erlina Suci Astuti, S.Kep., Ns., M.Kep
 Judul Skripsi : Hubungan Aktifitas Fisik dengan Risiko Diabetes Mellitus pada anak sekolah dasar (8-12 tahun)

NO	TANGGAL	REKOMENDASI PEMBIMBING	TANDA TANGAN	
			PEMBIMBING	MAHASISWA
1.	Kamis 19 Desember 2025	1) Konsultasi judul Proposal 2) ACC judul Proposal 3) Lanjut Bab I		
2.	Senin 23 Desember 2025	1) Konsultasi Bab I 2) Revisi Bab I - Revisi latar belakang (Risiko terjadinya DM, skala data, kronologi, sitasi) - Penulisan terlalu banyak ke dalam - data ke tahun terakhir 3) lanjut Bab 2		
3.	Kamis 2 Januari 2025	1) Konsultasi revisi Bab I 2) Konsultasi Bab 2 3) Revisi Bab 2 : - penulisan masih terlalu banyak - tambah konsep tubuh tengah - tambah konsep pola pengasuhan - kerangka konsep 4) Revisi Bab I (tambah skala data)		
4.	Senin 6 Januari 2025	1) Konsultasi revisi Bab I dan II 2) ACC Bab I 3) Revisi Bab II : kerangka konsep 4) Lanjut Bab III		
5.	Rabu 8 Januari 2025	1) Konsultasi Revisi Bab II : kerangka konsep 2) Konsultasi Bab III 3) Revisi Bab III : wayku 7 tempat penelitian 4) Bab II : kerangka konsep & research gap		
6.	Kamis 9 Januari 2025	1) Konsultasi Revisi Bab II 2) Konsultasi Revisi Bab III 3) Revisi Bab III : tambah kisi & kuesioner, analisis pengolahan data, analisis data, Bivariat		

NO	TANGGAL	REKOMENDASI PEMBIMBING	TANDA TANGAN	
			PEMBIMBING	MAHASISWA
7.	Jumat 30 Januari 2025	1) Konsultasi Kerangka Konsep : Bab 2 2) Konsultasi Revisi Bab 3 : Analisis dan Uji Chi-Square 3) Revisi Bab 2 dan Bab 3 kembali - Kerangka Konsep		
8.	Senin 13 Januari 2025	1) Konsultasi Revisi Bab 2 - Kerangka 2) Acc Masu usian Proposal		
9.	Senin 26 Mei 2025	1) Pengarahan untuk pengolahan data 2) Pengurusan Bab 4 dan 5		
10.	Rabu 18 Juni 2025	1) Bimbingan Bab 4 dan 5 2) Revisi Bab 4 : - Menambah gambaran umum - Pengelompokan data umum dan data khusus - Suluh Pembahasan dengan FTD 3) Revisi Bab 5 : Revisi kesimpulan		
11.	Jumat 20 Juni 2025	1) Konsultasi Revisi Bab 4 dan 5 2) Acc Bab 4 dan 5 3) Penambahan Abstrak dan Lampiran		
12.	Senin 23 Juni 2025	1) Konsultasi Abstrak acc. ujan. sidang skripsi		

Mengetahui,
Ketua
Prodi Sarjana Terapan Keperawatan Malang

Dr. Arief Bachtiar, S.Kep., Ns., M.Kep.
NIP. 197407281998031002

Malang, 23 Juni 2025.....
Pembimbing

(Pr. Erlina Susi Astuti, S.Kep., Ns., M.Kep.)
NIP. 199608102002122001.....

Attachment 12 Frequency Distribution of PAQ-C Physical Activity Questionnaire

Variables	Category	Frequency	Percent
Jump Rope	Never	70	45.5
	1-2x	50	32.5
	3-4x	16	10.4
	5-6x	6	3.9
	> 7x	12	7.8
	Total	154	100.0
Self Defense	Never	153	99.4
	3-4x	1	.6
	Total	154	100.0
Table tennis	Never	153	99.4
	1-2x	1	.6
	Total	154	100.0
Walking for Exercise	Never	10	6.5
	1-2x	50	32.5
	3-4x	26	16.9
	5-6x	22	14.3
	> 7x	46	29.9
	Total	154	100.0
Bicycle	Never	13	8.4
	1-2x	37	24.0
	3-4x	26	16.9
	5-6x	24	15.6
	> 7x	54	35.1
	Total	154	100.0
Jogging/running	Never	14	9.1
	1-2x	56	36.4
	3-4x	32	20.8
	5-6x	19	12.3
	> 7x	33	21.4
	Total	154	100.0
Exercise	Never	66	42.9
	1-2x	55	35.7
	3-4x	13	8.4
	5-6x	10	6.5
	> 7x	10	6.5

Variables	Category	Frequency	Percent
	Total	154	100.0
Swim	Never	20	13.0
	1-2x	57	37.0
	3-4x	37	24.0
	5-6x	13	8.4
	> 7x	27	17.5
	Total	154	100.0
Casting/Baseball/Softball	Never	66	42.9
	1-2x	53	34.4
	3-4x	18	11.7
	5-6x	4	2.6
	> 7x	13	8.4
	Total	154	100.0
Dance	Never	77	50.0
	1-2x	29	18.8
	3-4x	14	9.1
	5-6x	12	7.8
	> 7x	22	14.3
	Total	154	100.0
Football/Futsal	Never	67	43.5
	1-2x	37	24.0
	3-4x	9	5.8
	5-6x	14	9.1
	> 7x	27	17.5
	Total	154	100.0
Badminton/Badminton	Never	63	40.9
	1-2x	45	29.2
	3-4x	27	17.5
	5-6x	7	4.5
	> 7x	12	7.8
	Total	154	100.0
He likes	Never	87	56.5
	1-2x	47	30.5
	3-4x	14	9.1
	5-6x	4	2.6
	> 7x	2	1.3
	Total	154	100.0

Variables	Category	Frequency	Percent
Types of Physical Activity	The lowest	4	2.6
	Low	24	15.6
	Currently	51	33.1
	High	49	31.8
	Highest	26	16.9
	Total	154	100.0
Duration of Physical Activity	The lowest	47	30.5
	Low	15	9.7
	Currently	42	27.3
	High	23	14.9
	Highest	27	17.5
	Total	154	100.0
Physical Activity done in the last 7 days	The lowest	47	30.5
	Low	18	11.7
	Currently	47	30.5
	High	24	15.6
	Highest	18	11.7
	Total	154	100.0
Physical Activity performed in the last 7 days of the weekend	Never	28	18.2
	A little	52	33.8
	Reasonable	43	27.9
	Often	11	7.1
	Very often	20	13.0
	Total	154	100.0
Physical Activities to do after school	Never	35	22.7
	A little	59	38.3
	Reasonable	33	21.4
	Often	10	6.5
	Very often	17	11.0
	Total	154	100.0
Physical Activities carried out during break time at school	Never	21	13.6
	A little	70	45.5
	Reasonable	28	18.2
	Often	19	12.3
	Very often	16	10.4
	Total	154	100.0
Physical Activities to do at home	Never	41	26.6
	1-2x	72	46.8

Variables	Category	Frequency	Percent
	3-4x	15	9.7
	5-6x	13	8.4
	> 7x	13	8.4
	Total	154	100.0
Physical Activity every day (Monday)	Never	41	26.6
	A little	43	27.9
	Reasonable	44	28.6
	Often	15	9.7
	Very often	11	7.1
	Total	154	100.0
Physical Activity every day (Tuesday)	Never	31	20.1
	A little	39	25.3
	Reasonable	51	33.1
	Often	22	14.3
	Very often	11	7.1
	Total	154	100.0
Physical Activity every day (Wednesday)	Never	29	18.8
	A little	35	22.7
	Reasonable	51	33.1
	Often	27	17.5
	Very often	12	7.8
	Total	154	100.0
Physical Activity every day (Thursday)	Never	31	20.1
	A little	41	26.6
	Reasonable	39	25.3
	Often	26	16.9
	Very often	17	11.0
	Total	154	100.0
Physical Activity every day (Friday)	Never	26	16.9
	A little	33	21.4
	Reasonable	41	26.6
	Often	29	18.8
	Very often	25	16.2
	Total	154	100.0
Physical Activity every day (Saturday)	Never	37	24.0
	A little	36	23.4
	Reasonable	24	15.6
	Often	28	18.2

Variables	Category	Frequency	Percent
	Very often	29	18.8
	Total	154	100.0
Physical Activity every day (week)	Never	34	22.1
	A little	26	16.9
	Reasonable	26	16.9
	Often	30	19.5
	Very often	38	24.7
	Total	154	100.0

Attachment 13 Validity Test SPSS 25.00

Correlations

		Total
Gender	Pearson Correlation	-.058
	Sig. (2-tailed)	.477
	N	154
A1. Taking PJOK lessons at school	Pearson Correlation	.552**
	Sig. (2-tailed)	.000
	N	154
A2. Taking PJOK lessons at school	Pearson Correlation	.063
	Sig. (2-tailed)	.435
	N	154
A3. Taking PJOK lessons at school	Pearson Correlation	.063
	Sig. (2-tailed)	.435
	N	154
A4. Taking PJOK lessons at school	Pearson Correlation	.549**
	Sig. (2-tailed)	.000
	N	154
A5. Taking PJOK lessons at school	Pearson Correlation	.426**
	Sig. (2-tailed)	.000
	N	154
A6. Taking PJOK lessons at school	Pearson Correlation	.544**
	Sig. (2-tailed)	.000
	N	154
A7. Taking PJOK lessons at school	Pearson Correlation	.417**
	Sig. (2-tailed)	.000
	N	154
A8. Taking PJOK lessons at school	Pearson Correlation	.476**
	Sig. (2-tailed)	.000
	N	154
	Pearson Correlation	.340**

A9. Taking PJOK lessons at school	Sig. (2-tailed)	.000
	N	154
A10. Taking PJOK lessons at school	Pearson Correlation	.389**
	Sig. (2-tailed)	.000
	N	154
A11. Taking PJOK lessons at school	Pearson Correlation	.477**
	Sig. (2-tailed)	.000
	N	154
A12. Taking PJOK lessons at school	Pearson Correlation	.495**
	Sig. (2-tailed)	.000
	N	154
A13. Taking PJOK lessons at school	Pearson Correlation	.479**
	Sig. (2-tailed)	.000
	N	154
Types of physical activity	Pearson Correlation	.440**
	Sig. (2-tailed)	.000
	N	154
Duration of physical activity	Pearson Correlation	.307
	Sig. (2-tailed)	.000
	N	154
Physical activity done in the last 7 days	Pearson Correlation	.243**
	Sig. (2-tailed)	.002
	N	154
Physical activity done on weekends in the last 7 days	Pearson Correlation	.500**
	Sig. (2-tailed)	.000
	N	154
Physical activities done after school	Pearson Correlation	.400**
	Sig. (2-tailed)	.000
	N	154
Physical activities carried out during break time at school	Pearson Correlation	.476**
	Sig. (2-tailed)	.000

	N	154
Physical activities done at home	Pearson Correlation	.385**
	Sig. (2-tailed)	.000
	N	154
H1. Physical activities carried out indoors	Pearson Correlation	.587**
	Sig. (2-tailed)	.000
	N	154
H2. Physical activities carried out indoors	Pearson Correlation	.557**
	Sig. (2-tailed)	.000
	N	154
H3. Physical activities carried out indoors	Pearson Correlation	.571**
	Sig. (2-tailed)	.000
	N	154
H4. Physical activities carried out indoors	Pearson Correlation	.593**
	Sig. (2-tailed)	.000
	N	154
H5. Physical activities carried out indoors	Pearson Correlation	.501**
	Sig. (2-tailed)	.000
	N	154
H6. Physical activities carried out indoors	Pearson Correlation	.585**
	Sig. (2-tailed)	.000
	N	154
H7. Physical activities carried out indoors	Pearson Correlation	.584**
	Sig. (2-tailed)	.000
	N	154
Physical Activity	Pearson Correlation	-.057
	Sig. (2-tailed)	.482
	N	154
Waist circumference	Pearson Correlation	.193*
	Sig. (2-tailed)	.016
	N	154

IMT	Pearson Correlation	.177*
	Sig. (2-tailed)	.028
	N	154
Consume vegetables every day	Pearson Correlation	.098
	Sig. (2-tailed)	.228
	N	154
Physical Activity	Pearson Correlation	-.401**
	Sig. (2-tailed)	.000
	N	154
Family history	Pearson Correlation	.216**
	Sig. (2-tailed)	.007
	N	154
Mother's history of DM	Pearson Correlation	.136
	Sig. (2-tailed)	.092
	N	154
Birth Weight	Pearson Correlation	.053
	Sig. (2-tailed)	.518
	N	154
Screen Time	Pearson Correlation	-.534**
	Sig. (2-tailed)	.000
	N	154
Diabetes Mellitus Risk (FINDRISC)	Pearson Correlation	.120
	Sig. (2-tailed)	.137
	N	154
Total	Pearson Correlation	1
	Sig. (2-tailed)	
	N	154

Attachment 14 Normality and Homogeneity Tests

1. Normality Test

One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		154
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	.72820261
Most Extreme Differences	Absolute	.205
	Positive	.180
	Negative	-.205
Test Statistic		.205
Asymp. Sig. (2-tailed)		.000 ^c

2. Homogeneity Test

Test of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
Diabetes Mellitus Risk (FINDRISC)	Based on Mean	.167	1	152	.683
	Based on Median	.062	1	152	.804
	Based on Median and with adjusted df	.062	1	151.955	.804
	Based on trimmed mean	.182	1	152	.670

Appendix 15 Univariate Descriptive Analytics Analysis

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Gender	154	1	2	1.60	.491
A1. Taking PJOK lessons at school	154	1	5	1.96	1.193
A2. Taking PJOK lessons at school	154	1	3	1.01	.161
A3. Taking PJOK lessons at school	154	1	2	1.01	.081
A4. Taking PJOK lessons at school	154	1	5	3.29	1.361
A5. Taking PJOK lessons at school	154	1	5	3.45	1.396
A6. Taking PJOK lessons at school	154	1	5	3.01	1.311
A7. Taking PJOK lessons at school	154	1	5	1.98	1.169
A8. Taking PJOK lessons at school	154	1	5	2.81	1.284
A9. Taking PJOK lessons at school	154	1	5	1.99	1.191
A10. Taking PJOK lessons at school	154	1	5	2.18	1.474
A11. Taking PJOK lessons at school	154	1	5	2.33	1.530
A12. Taking PJOK lessons at school	154	1	5	2.09	1.212
A13. Taking PJOK lessons at school	154	1	5	1.62	.857
Types of physical activity	154	1	5	3.45	1.029
Duration of physical activity	154	1	5	2.79	1.463
Physical activity done in the last 7 days	154	1	5	2.66	1.363
Physical activity done on weekends in the last 7 days	154	1	5	2.63	1.236

Physical activities done after school	154	1	5	2.45	1.226
Physical activities carried out during break time at school	154	1	5	2.60	1.179
Physical activities done at home	154	1	5	2.25	1.186
H1. Physical activities carried out indoors	154	1	5	2.43	1.187
H2. Physical activities carried out indoors	154	1	5	2.63	1.166
H3. Physical activities carried out indoors	154	1	5	2.73	1.184
H4. Physical activities carried out indoors	154	1	5	2.72	1.271
H5. Physical activities carried out indoors	154	1	5	2.96	1.318
H6. Physical activities carried out indoors	154	1	5	2.84	1.456
H7. Physical activities carried out indoors	154	1	5	3.08	1.497
Physical Activity	154	1	2	1.16	.364
Waist circumference	154	0	2	.68	.798
IMT	154	0	3	1.27	1.016
Consume vegetables every day	154	0	1	.44	.498
Physical Activity	154	0	1	.82	.387
Family history	154	0	3	.67	1.023
Mother's history of DM	154	0	2	.71	.634
Birth Weight	154	0	2	1.10	.454

Screen Time	154	0	1	.88	.322
Diabetes Mellitus Risk (FINDRISC)	154	1	3	1.82	.733
Valid N (listwise)	154				

Attachment 16 Bivariate Analysis

Physical Activity * Risk of Diabetes Mellitus (FINDRISC) Crosstabulation

Count

		Diabetes Mellitus Risk (FINDRISC)			Total
		Low	Currently	High	
Physical Activity	Currently	46	56	28	130
	High	11	11	2	24
Total		57	67	30	154

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	2.446 ^a	2	.294
Likelihood Ratio	2.825	2	.244
Linear-by-Linear Association	2.108	1	.147
N of Valid Cases	154		