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*Scientific Editorial*

## EDITORIAL

# Impact of Covid-19 on Children's Health and Development

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The effect of the Covid-19 pandemic situation, which has been going on for almost two months, has made many changes in the daily life patterns of school children. The Covid-19 pandemic situation requires all levels of society to take precautions by breaking the chain of transmission and spread of Covid-19. The government's decision to require people to stay at home by working from home and also including school students to carry out their learning activities from home. Decree of the Minister of Education and Culture (Mendikbud) Nadiem Makarim, through a circular (SE) no. 4 of 2020, provides instructions about learning amid the spread of the coronavirus. One of the instructions is to do the learning process from home.

The process of learning from home or called study from home, which is carried out today, is learning from home through online learning/distance learning. It has been almost two months since the Covid-19 pandemic situation was determined, school students starting at elementary, junior high, and high school levels conducted online

learning activities. Online learning activities conducted online include receiving lessons, and doing assignments online, watching television for the learning material provided. The learning model of learning at home and learning at school can be relatively the same purpose and quality. But the difference is that when students study at school, of course, students do more physical activities ranging from going to school, doing physical activities (playing, exercising) with their friends during recess and many other things related to physical activities that can be done besides receive lessons in class. At home learning activities, students do more activities in front of a computer, laptop, smartphone, or other online electronic media, where this will cause the impact of a sedentary lifestyle on children.

### **Sedentary lifestyle**

A sedentary lifestyle habits in the life of someone who does not do much physical activity or does not do much movement. In the situation of learning at home in the

current pandemic situation, it allows school children to do activities that are less mobile, where online learning is done a lot associated with laptops, smartphones, or other electronic media so that many activities are done by sitting. Sitting activities carried out by children during online learning can be done for hours, not to mention interrupting learning or after learning the child still sits sweetly in front of his laptop, computer, or smartphone to play games, access social media and surf the virtual world. make physical activity/movement to be reduced, plus while doing online activities, children consume snacks. Practically the activity of children is only about sitting, eating, and sleeping. If this becomes a habit that is continually carried out by children, it will set a bad precedent for children's health.

The term sedentary lifestyle is increasingly popular when associated with health problems. This is caused by a sedentary lifestyle is a risk factor causing various metabolic disorders, one of which is obesity. Obesity in children today is also a concern. Basic Health Research Report (Risksdas) (2018), over nutrition in adolescents aged 13-15 years increased by 5.2% and 6.2% in adolescents aged 16-18 years. More nutrition or obesity in question is the accumulation of fat that can interfere with health. Obesity can occur due to an imbalance between energy intake and energy expenditure. One of the things that affect the energy balance is diet and physical activity.

Study From home for students by doing online learning allows reduced physical activity. Still, on the other hand, study from home can provide more time for parents to interact with children. Therefore, the role of parents is very important to provide assistance and supervision to children during online learning from home. The following things can be done by parents to help

children increase their physical activity during the study from home.

### **Invite your child to be more active in moving**

Give a schedule for the child to do various physical activities or light exercise at home, and make sure the child doesn't just sit down doing online tasks, playing online games, or watching TV at home.

### **Provide healthy food for children to consume**

Encourage children and make it a habit to consume healthy foods such as vegetables, fruit, protein, whole grains, and low-fat milk. Mothers can provide healthy food every day so that a child's snack during the study from home is a healthy snack to support the health condition of his body.

### **Do activities with family**

Find positive and fun things from physical activities in children that can be done together with the family such as morning exercises, doing household chores, gardening, and so on. Joint activities that are carried out can be regularly scheduled so that it can bind the child to perform physical activities.

In essence, the role of parents becomes essential in providing supervision to children during learning at home (study from home) in the Covid-19 pandemic situation, so that when doing learning activities at home children can receive lessons well and can also conduct the balanced physical activity, to minimize sedentary lifestyle, and ultimately prevent obesity in children. Let us together create a healthy, superior, and quality generation to support the development of the Indonesian nation.