

ABSTRACT

Sedentary lifestyle tendencies among adolescents are increasing and have the potential to cause various health problems. Physical activity is an essential component in maintaining physical and mental health; however, adolescents' level of knowledge regarding physical activity requirements remains varied. Health education is considered a strategic effort to improve students' understanding of the importance of physical activity. This study aimed to determine the effect of educational interventions on the level of knowledge regarding physical activity requirements among students at Sukma Bangsa Private Junior High School, Lhokseumawe. The study employed a one-group pretest–posttest design with a quantitative approach. A total of 152 students were selected using cluster random sampling. The research instrument was a questionnaire assessing knowledge of physical activity requirements, administered before and after the educational intervention. Data were analyzed using the Wilcoxon test. Prior to the intervention, most students were in the moderate knowledge category (52%), whereas after the intervention, the majority were in the good knowledge category (69.1%). The results indicated a significant effect of education on students' knowledge of physical activity requirements ($p = 0.0001$). In conclusion, educational interventions significantly improved students' knowledge regarding physical activity needs. School-based health education is expected to serve as a sustainable effort to support the development of healthy lifestyle behaviors among adolescents.

Keywords: *education, knowledge, physical activity, adolescents, junior high school students*