

**GAMBARAN PENERAPAN PERILAKU HIDUP BERSIH DAN SEHAT
(PHBS) MAHASISWA DI UNIVERSITAS JENDERAL ACHMAD YANI
YOGYAKARTA**

Fikri Ramadhan¹ Novita Nirmalasari²

Email: Fidanyozt21@gmail.com

INTISARI

Latar belakang: COVID-19 merupakan penyakit yang diakibatkan oleh infeksi *Virus Severe Acute Respiratory Syndrome Coronavirus 2* (SARS-COV-2). PHBS seharusnya dilakukan oleh siapapun tidak terkecuali oleh mahasiswa. Mahasiswa dianggap mempunyai pengetahuan atau keterampilan yang memadai tentang pola hidup sehat, Kondisi ideal semacam itu juga dirasa sulit dilakukan oleh beberapa mahasiswa, sebab mahasiswa tidak mengikuti perilaku hidup sehat dikarenakan kebiasaan yang telah tertanam dari mereka kecil.

Tujuan: Mengetahui gambaran penerapan perilaku hidup bersih sehat mahasiswa Unjaya pada masa Pandemi COVID-19.

Metode: Penelitian kuantitatif dengan metode pendekatan *cross sectional*. Teknik pengambilan sampel yaitu *random sampling* dengan jumlah sampel 78 responden mahasiswa unjaya. Analisis penelitian menggunakan analisis univariat dengan bantuan program komputer.

Hasil: Gambaran PHBS Mahasiswa unjaya dari aspek makan dan minum (7,7%), kebersihan diri (10,3%), kebersihan lingkungan (3,8%), sakit dan penyakit (5,1%), kebiasaan yang merusak kesehatan (5,1%). Gambaran PHBS Mahasiswa unjaya secara keseluruhan, dari total 78 responden terdapat bahwa mahasiswa yang memiliki kategori PHBS sangat tinggi dengan persentase (6,4%), dan memiliki PHBS sangat rendah (5,1%).

Kesimpulan: Dari hasil penelitian dapat disimpulkan PHBS mahasiswa Unjaya sudah baik. Melalui penelitian ini diharapkan agar mahasiswa memiliki kesadaran akan pentingnya PHBS dalam upaya pencegahan penularan Covid 19.

Kata kunci: COVID-19, Mahasiswa, PHBS

¹Mahasiswa Program Studi (S-1) Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Program Studi (S-1) Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

DESCRIPTION OF IMPLEMENTATION OF CLEAN AND HEALTHY LIFE BEHAVIOR OF STUDENTS AT JENDERAL ACHMAD YANI UNIVERSITY IN YOGYAKARTA

Fikri Ramadhan¹ Novita Nirmalasari²

Email: Fidanyozt21@gmail.com

ABSTRACT

Background: COVID-19 is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). Implementation of Clean and Healthy Life Behavior (PHBS) should be done by anyone, including students. Students are considered to have adequate knowledge or skills about a healthy lifestyle. Such ideal conditions also make it difficult for some students because students don't attend healthy behavior since childhood.

Objective: The purpose of this study is to explain the description of the PHBS students at Jenderal Achmad Yani University in Yogyakarta.

Methods: The method used in this study is quantitative research with a cross-sectional approach. The sampling technique is random sampling with 78 respondents from Unjaya students. The research analysis used univariate analysis with a computer program.

Results: The percentage of eating and drinking has reached 7,7%, the percentage of personal hygiene has reached 10,3%, the percentage of environmental cleanliness has reached 3.8%, and the percentage of illness and disease has reached 5,1%. The percentage of habits that damage health has reached 5,1%, and the percentage of all aspects of PHBS has reached 7,7%.

Conclusion: From the study results, it can be concluded that the PHBS of Unjaya students is good. Through this research, students are expected to be aware of the importance of PHBS in preventing the transmission of Covid 19.

Keywords: COVID-19, Students, PHBS

¹Student of Nursing Program Universitas Jenderal Achmad Yani Yogyakarta

²Lecturer of Nursing Program Universitas Jenderal Achmad Yani Yogyakarta