

GAMBARAN PERILAKU HIDUP BERSIH DAN SEHAT DI SEKOLAH DASAR NEGERI ADISUCIPTO 1 YOGYAKARTA

Y. Sigit Kumara¹, Agus Warseno²
Email: Sigit.kumara.yk@gmail.com

INTISARI

Latar belakang: Anak usia sekolah dasar merupakan kelompok yang mempunyai resiko tinggi akan penyakit hal ini disebabkan karena kurangnya PHBS dimana anak usia sekolah perlu mendapatkan pengawasan kesehatan terkait 8 indikator, hal tersebut menjadikan sekolah sebagai salah satu sasaran PHBS

Tujuan: Penelitian ini adalah Mengetahui gambaran perilaku hidup bersih dan sehat (PHBS) di SDN Adisucipto 1 Sleman Yogyakarta

Metode Penelitian: Penelitian ini menggunakan metode *deskriptif kuantitatif*, dengan cara *proportionate stratified random sampling* sebanyak 63 siswa yang dianalisa dengan metode deskriptif

Hasil: Berdasarkan hasil penelitian ini menunjukkan perilaku hidup bersih dan sehat indikator cuci tangan kategori baik 36 orang (57,1%), makan dan minuman sehat kategori baik 38 orang (60,3%), penggunaan jamban kategori baik 36 orang (57,1%), perilaku meludah kategori baik 39 orang (61,9%), membrantas jentik nyamuk kategori baik 35 orang (55,6%), perilaku merokok kategori baik 52 orang (82,5%), perilaku membuang sampah kategori baik 51 orang (81%) dan konsumsi napza kategori baik 51 orang (81%)

Kesimpulan: Dalam penelitian ini adalah perilaku hidup bersih dan sehat di Sekolah Dasar Negeri Adisucipto 1 Yogyakarta yang sebagian besar responden memiliki PHBS dalam ketegori baik

Kata Kunci: Perilaku hidup bersih dan sehat

¹ Mahasiswa Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

DESCRIPTION OF CLEAN AND HEALTHY LIFE BEHAVIOR IN STATE BASIC SCHOOL ADISUCIPTO 1 YOGYAKARTA

Y. Sigit Kumara¹, Agus Warseno²
Email: Sigit.kumara.yk@gmail.com

ABSTRACT

Background: Elementary school children are groups that have high risk of disease. It is due to the lack of PHBS in which elementary school children should get health supervision related to 8 indicators, and it makes school as one of the targets of PHBS.

Objective: This research was to find out the description of clean and healthy life style in Adisucipto 1 Elementary School of Yogyakarta.

Research Method: This research used descriptive quantitative method with proportionate stratified random sampling of 63 students analyzed with descriptive method.

Result: The result of the research showed that clean and healthy life style with indicator of hand wash was in good category with 36 students (57,1%), healthy food and beverage was in good category with 38 students (60.3%), toilet usage was in good category with 36 students (57.1%), spitting behavior was in good category with 39 students (61.9%), mosquito larvae eradicating was in good category with 35 students (55,6%), smoking behavior was in good category with 52 students (82.5%), littering behavior was in good category with 51 students (81%) and drug consumption was in good category with 51 students (81%).

Conclusion: In this research, most of the respondents of the clean and healthy life style in Adisucipto 1 Elementary School had PHBS in good category.

Keywords: Clean and healthy life style

¹ Student of Nursing Faculty of Jenderal Achmad Yani University of Yogyakarta

² Lecturer of Nursing Faculty of Jenderal Achmad Yani University of Yogyakarta