

GAMBARAN PERILAKU HIDUP BERSIH DAN SEHAT PADA ANAK USIA SEKOLAH DI SD N JAMBON NANGGULAN

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INTISARI

Latar Belakang : Anak usia sekolah rentan terhadap masalah kesehatan. Departemen Kesehatan RI, menunjukkan bahwa secara nasional kualitas kesehatan dan perilaku sehat anak usia pada sekolah dasar (10-12), masih kurang memenuhi target yang diharapkan. Kurangnya Perilaku Hidup Bersih Dan Sehat (PHBS) pada anak usia sekolah dapat mengakibatkan berbagai jenis penyakit. Dua indikator PHBS yang akan diteliti adalah perilaku jajan sembarangan dan perilaku membuang sampah.

Tujuan Penelitian : Diketahui gambaran perilaku hidup bersih dan sehat pada anak usia sekolah di SD N Jambon Nanggulan.

Metode Penelitian : metode penelitian deskriptif *observasional* dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *total sampling* yaitu 32 siswa kelas III, IV, dan V di SD N Jambon Nanggulan Kulonprogo. Hasil penelitian dianalisis dengan distribusi frekuensi.

Hasil penelitian : Perilaku konsumsi jajan pada anak usia sekolah di SD N Jambon Nanggulan Kulonprogo kategori cukup sebanyak 23 anak (71,9%) dan perilaku membuang sampah dalam kategori baik sebanyak 18 anak (56,3%). Perilaku hidup bersih dan sehat pada anak usia sekolah di SD N Jambon Nanggulan Kulonprogo kategori baik sebanyak 18 anak (56,3%).

Kesimpulan : Perilaku hidup bersih dan sehat pada anak usia sekolah di SD N Jambon Nanggulan Kulonprogo kategori baik.

Kata kunci : perilaku hidup bersih dan sehat, anak usia sekolah

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THE DESCRIPTION OF HEALTH BEHAVIOR AMONG SCHOOL-AGE CHILDREN IN ELEMENTARY SCHOOL OF JAMBON NANGGULAN

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ABSTRACT

Background: The school-age children is a vulnerable population. The Ministry of Health stated that health quality and health behavior of the school-age children was under the national target. The lack of health behavior among school-age children leads to various diseases. Two indicators of health behavior in the school area are snack consumption and littering behavior.

Objective: The study aimed to describe health behavior among school-age children in elementary school of Jambon Nanggulan.

Method: This was a descriptive *observational* study with *cross sectional* design. The samples were 32 respondents which selected using total sampling technique and consist of clas III, IV, and V. The results were analyzed using frequency distribution.

Result: Snack consumption among school-age children in Elementary School of Jambon Nanggulan was in adequate category (71,9%) and littering behavior was in a good category (56,3%).

Conclusion: Generally, the health behavior of school-age children in Elementary School of Jambon Nanggulan was good (56.3%).

Keywords: Health behavior, School-age children, Snack consumption, Littering behavior

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