

Perilaku hidup bersih dan sehat mahasiswa Fakultas Keperawatan Universitas Indonesia = Health behavior of nursing students in University of Indonesia

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20277096&lokasi=lokal>

Abstrak

The health behavior of faculty of nursing students in University of Indonesia research was a descriptive research. The purpose of this research was identified the applications of health behavior. The number of sample was 96 responders which taken from first grade until last grade students. The measurement used 11 indicators of health behavior; washing hand, consuming foods with balance nutrition, sleeping and rest, using clean and healthy toilet, exercising, do not smoking, do not consuming alcohol and drugs, measuring weight and height regularly, throwing garbage into garbage can, using safety guard, and managing stress. This research also seen another behavior which is related to application of health behavior. The results of this research were: 52.1 % students applied good health behavior in their life and 47.9% students were not apply good health behavior.