

Antisipasi, rujukan dan fokus pengaturan sebagai prediktor perilaku sehat = Regulatory anticipation, regulatory reference, and regulatory focus as predictors of health promotion behavior

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Abstrak

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara prinsip-prinsip pengaturan-diri dan perilaku sehat (health behavior) dan bagaimana peran prinsip-prinsip pengaturan-diri dalam peningkatan perilaku sehat. Ada tiga prinsip pengaturan-diri yang diteliti pengaruhnya terhadap perilaku sehat, yaitu antisipasi pengaturan (regulatory anticipation), rujukan pengaturan (regulatory reference) dan fokus pengaturan (regulatory focus). Perilaku sehat dibagi menjadi perilaku promosi kesehatan dan perilaku prevensi penyakit. Analisis terhadap data yang diperoleh dari 385 orang warga

DKI Jakarta (200 orang laki-laki dan 185 orang perempuan dengan rata-rata usia 32 tahun) dengan menggunakan

analisis regresi berganda menunjukkan bahwa ada hubungan antara prinsip-prinsip pengaturan-diri dan perilaku sehat.

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Abstract

The aim of this study was to understand the relation between principles of self-regulation and health behaviors, including which self-regulation principles used. Using three principles of self-regulation which are regulatory anticipation, regulatory reference, and regulatory focus (Higgins, Grant, & Shah, 1999) this study examined the role of

those principles on health behavior among people in DKI Jakarta. The health behavior was divided into health promotive behavior and health preventive behavior. This study was conducted to 385 citizens of DKI Jakarta (200 males and 185 females with average age is 32 years old). Data analysis using multiple regressions indicated the role of self-regulation principles on health behaviour.