

# Hubungan dukungan keluarga dengan penerapan perilaku hidup bersih dan sehat di Kelurahan Cisalak Pasar Cimanggis Kota Depok = Relationship between the family support clean and healthy behavior (PHBS) in Cisalak Pasar Depok

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## Abstrak

Perilaku Hidup bersih dan sehat rumah tangga pada tahun 2010 di Indonesia masih rendah. Tatanan keluarga seharusnya menjadi tempat penanaman perilaku dan kebiasaan hidup bersih dan sehat. Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dengan penerapan perilaku hidup bersih dan sehat (PHBS) di Kelurahan Cisalak Pasar Kota Depok. Metode penelitian menggunakan rancangan deskriptif korelasional dengan pendekatan cross sectional dan jumlah sampel sebanyak 105. Analisis data menggunakan chi square dan regresi logistik.

Hasil penelitian menunjukkan ada hubungan yang bermakna antara dukungan emosional, instrumental, informasional dan penghargaan dengan penerapan perilaku hidup bersih dan sehat dalam keluarga, ( $p < 0,05$ ). Analisis lebih lanjut dengan regresi logistik menunjukkan bahwa hubungan instrumental paling dominan dalam penerapan PHBS keluarga. Dukungan intrumental perlu ditingkatkan dalam meningkatkan penerapan PHBS. Dukungan keluarga direkomendasikan untuk perawat komunitas dapat memfasilitasi dan memberikan dukungan keluarga untuk meningkatkan perilaku hidup bersih dan sehat (PHBS).

*A clean and healthy behavior of households in Indonesia in 2010 is still low. Family structure should be a place of investment behavior and healthy living habits. Family support have predicted important role in living clean and healthy behaviors in household. The purpose of this study was exploring the relation between the family support and healthy behaviour (PHBS) in Cisalak Pasar, Depok. The method applied was correlational descriptive design with cross sectional approach, the sample 105 housewives representing their family randomly selection. The data analiysis was conducted using chi square and logistic regression. The result of analysis shows that there is a significant relation between the emotional, informational, instrumental, and appreciation support of the family and healthy behaviour in family, ( $p < 0,05$ ). A further analiysis proves that the instrumental support was the most important factor for clean and health behavior in family. In conclusion that, the instrumental support of the family members has an important role in improving health behavior in family. Family support As recommended to the community health nurse who responsibility to implement PHBS need to facilities and provide instrumental support to increase clear and healthy behaviour.*