

Hubungan faktor predisposisi dan faktor pemungkin dengan perilaku sehat mahasiswa Rumpun Ilmu Kesehatan Universitas Indonesia angkatan tahun 2012 dan 2013 = Relationship between predisposing and enabling factors to health behavior of University of Indonesia Health Science Cluster class of 2012 and 2013

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Abstrak

[Perilaku sehat dipengaruhi oleh faktor-faktor perilaku diantaranya faktor predisposisi yang mencakup usia, jenis kelamin, suku, dan pendapatan serta faktor pemungkin yang meliputi akses pelayanan kesehatan dan akses informasi kesehatan. Tujuan penelitian ini untuk mengidentifikasi hubungan faktor predisposisi dan faktor pemungkin dengan perilaku sehat mahasiswa Rumpun Ilmu Kesehatan Universitas Indonesia angkatan tahun 2012 dan 2013. Penelitian ini adalah penelitian kuantitatif dengan desain cross sectional. Pengambilan sampel menggunakan proportional stratified random sampling dilakukan terhadap 319 mahasiswa. Hasil penelitian menunjukkan bahwa perilaku sehat mahasiswa 54,5% masuk dalam kategori baik dan faktor pemungkin yang berhubungan dengan perilaku sehat adalah penggunaan dalam mengakses pelayanan kesehatan ($p=0,002$). Hasil penelitian ini menyarankan agar petugas kesehatan dapat memberikan pelayanan kesehatan yang baik terutama dalam memberikan edukasi dan informasi kesehatan agar menunjang perilaku sehat mahasiswa menjadi lebih optimal.

;Health behavior is influenced by various behavioral factors such as predisposing factor which includes age, sex, ethnicity, and income as well as enabling factor including access to health care services and access to health information. The purpose of this research was to identify the relationship between two factors (predisposing and enabling factors) to health behavior of University of Indonesia Health Science Cluster class of 2012 and 2013. This research was conducted using a quantitative research methodology with a cross-sectional design. The sampling method used was the proportional stratified random sampling which was taken from 319 students. The result indicates that 54,5% of the students' health behavior classified as good and the enabling factor related to health behavior is the use of access to health care services ($p=0,002$). The result suggests health care workers to provide better services particularly in providing education and health information for students in order to optimize students' health behavior.

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