

## Penilaian Perilaku Hidup Sehat pada Pekerja PT. BXX yang Berisiko Tinggi Penyakit Jantung Koroner Tahun 2017 = Healthy Life Behaviour Description of Coronary Heart Disease Highly Risked of Worker of BXX Corporation in 2017.

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Abstrak

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Penyakit Jantung Koroner adalah pembunuh nomor satu di dunia, sulit ditangani karena banyak faktor risiko yang berkontribusi. Penelitian bertujuan untuk mengidentifikasi perilaku hidup pekerja PT. BXX yang dibentuk oleh faktor predisposisi, faktor pemungkin, dan faktor pendorong, menggunakan sequential exploratory design, dimulai dengan pengambilan data kuantitatif untuk melihat gambaran faktor risiko perilaku hidup, diikuti kualitatif melalui Focus Group Discussion untuk memperdalam analisis faktor risiko yang teridentifikasi. Hasil telitian mend apatkan perilaku hidup sebagian besar pekerja PT. BXX tidak sehat, yaitu 57,89% responden kurang konsumsi sayur dan buah, 46,05% responden tidak berolahraga, 40,79% kurang olahraga, dan 93,42% responden mengalami kelebihan berat badan dan kegemukan.

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**ABSTRACT**

Coronary Heart Disease is the number one killer in this world, it is difficult to be cured because there are many factors that contributing on it. This research aims to identify life behavior of PT. BXX workers which formed by pre-disposing factors, enabling factors, and reinforcing factors. Sequential exploratory design is used by collecting quantitative data at the beginning to describe the risk factors of life behavior, followed by the qualitative data which is collected by holding a Focus Group Discussion to analyze the identified risk factors further. This research result shows that the life behavior of majority of PT. BXX workers are unhealthy, which are explained more that 57.89% of the respondents are consuming less vegetable and fruit, 46,05% of the respondents are not working out, and 93,42% of the respondents are overweight and obese