

## Hubungan antara perilaku mempromosikan kesehatan dan health locus of control pada dewasa muda = The correlation between health promoting behavior and health locus of control in emerging adulthood

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### Abstrak

Bergesernya usia penderita penyakit tidak menular seperti jantung, stroke dan lain-lain ke individu usia dewasa muda menjadi perhatian. Dewasa muda yang berusia 18-29 tahun memiliki beragam tugas perkembangan rentan melakukan kebiasaan tidak sehat yang berujung pada timbulnya penyakit. Perilaku mempromosikan kesehatan penting dilakukan untuk dapat meningkatkan kesehatan. Perilaku mempromosikan kesehatan dapat dipengaruhi oleh beragam faktor salah satunya health locus of control. Penelitian ini bertujuan untuk menyelidiki hubungan antara perilaku mempromosikan kesehatan dan health locus of control pada dewasa muda. Penelitian dilakukan kepada 800 orang responden berusia 18-29 tahun. Perilaku mempromosikan kesehatan diukur menggunakan Health Promoting Lifestyle Profile II HPLP II dan health locus of control diukur menggunakan Multidimensional Health Locus of Control MHLC. Hasil penelitian menunjukkan bahwa terdapat hubungan yang positif dan signifikan antara perilaku mempromosikan kesehatan dimensi tanggung jawab kesehatan dengan health locus of control dimensi powerful others, dimensi perkembangan spiritual dengan health locus of control dimensi internal, dan dimensi manajemen stress dengan health locus of control dimensi internal. Terdapat hubungan yang negatif dan signifikan pada perilaku mempromosikan kesehatan dimensi tanggung jawab kesehatan dengan health locus of control dimensi internal dan dimensi manajemen stress dengan health locus of control dimensi powerful others. Selain dari dimensi yang telah disebutkan, tidak terdapat hubungan antara perilaku mempromosikan kesehatan dengan health locus of control.

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Shifting age of people with non communicable diseases such as heart disease, stroke and others into young adulthood are of concern. Emerging adults in the age range aged 18 29 years have various developmental tasks vulnerable to unhealthy habits that led to the onset of disease. Health promoting behavior is important to improve health. Health promoting behavior can be influenced by various factors such as health locus of control.

This study aims to investigate the relationship between health promoting behavior and health locus of control in young adults. The study was conducted to 800 respondents aged 18 29 years. Health promoting behavior was measured using Health Promoting Lifestyle Profile II HPLP II and health locus of control measured using Multidimensional Health Locus of Control MHLC.

The results showed that there was a positive and significant correlation between health responsibility dimension of health promoting behavior with powerful others health locus of control, spiritual growth with internal health locus of control, and stress management with internal health locus of control. There is a negative and significant relationship between health responsibility with internal health locus of control and stress management dimensions with powerful others health locus of control. Apart from the mentioned dimensions, there is no relationship between health promoting behavior and health locus of control.