

## Analisis faktor-faktor yang berkontribusi terhadap perilaku sehat siswa SLTP negeri wilayah Jakarta Timur dalam konteks keperawatan komunitas tahun 2002

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### Abstrak

Penyimpangan perilaku sehat pada anak sekolah usia remaja merupakan masalah yang perlu mendapatkan perhatian di berbagai negara maju maupun negara berkembang. Penyimpangan perilaku sehat yang sering terjadi pada anak sekolah usia remaja terutama adalah perilaku sehat berisiko, antara lain perilaku diit yang tidak sesuai, merokok, menggunakan NAPZA, kurang berolahraga.

Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berkontribusi terhadap perilaku sehat siswa SLTP negeri di wilayah Jakarta Timur. Metode penelitian adalah metode analitik cross sectional. Populasi adalah seluruh siswa SLTP negeri di wilayah Jakarta Timur yang berusia antara 11 - 18 tahun. Sampel diambil dari lima wilayah kecamatan, masing-masing kecamatan diambil satu institusi pendidikan dan setiap institusi pendidikan diambil 3 kelas sampel dari kelas 1, kelas 2 dan kelas 3. Cara mengambil sampel adalah metode Simple Random Cluster Sampling.

Hasil analisis menunjukkan bahwa responden dalam penelitian ini mayoritas wanita usia 13 tahun, orang tua mereka mayoritas ibu lulusan SLTP dan ayah lulusan SLTA dan mereka bekerja. Berdasarkan skor rata-rata tingkat pengetahuan dan sikap siswa terhadap perilaku sehat tergolong baik, demikian juga perilaku sehatnya. Perilaku sehat panutan (ayah, ibu, teman dan guru) juga tergolong baik, sedangkan sarana penunjang di lingkungan siswa tergolong cukup. Terdapat hubungan yang positif dan bermakna antara perilaku sehat siswa SLTP dengan pengetahuan siswa, sikap siswa, perilaku ayah, perilaku ibu, perilaku teman, perilaku guru, serta terdapat hubungan negatif yang bermakna dengan usia siswa. Penelitian ini juga membuktikan adanya hubungan bermakna antara perilaku sehat siswa SLTP dengan jenis kelamin dan status ibu yang bekerja. Akhirnya pada penelitian ini membuktikan bahwa faktor yang paling berkontribusi terhadap perilaku sehat siswa SLTP adalah perilaku sehat teman, dan secara berurutan diikuti oleh perilaku ibu, usia siswa, jenis kelamin siswa, perilaku ayah, perilaku guru, pengetahuan siswa ( $F=0,000$  dan  $R^2 = 0,361$ ).

Berdasarkan hasil penelitian tersebut, peneliti menyampaikan saran untuk institusi pendidikan SLTP agar meningkatkan kualitas penyelenggaraan program UKS dan mengintegrasikan materi pendidikan kesehatan dan pembinaan perilaku sehat ke dalam kurikulum penjasokes. Perawat komunitas mulai mengembangkan praktek keperawatan sekolah; Ditpromkes.Dep\_Kes.RI. mengembangkan program promosi kesehatan bagi anak sekolah usia remaja dengan melibatkan peran teman sebayanya, organisasi remaja, guru, dan orang tua; Melakukan penelitian lanjutan untuk menguji pengaruh diskusi peer group terhadap pengetahuan siswa remaja melalui metode quasi experiment.

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Health behavior deviation of the school age teenager is the essential problem that needs special attention in

the developed and developing country. Deviation of health behavior often happens to the school age teenager especially health risk behavior, i.e. diet which is not best on medical recommendation, tobacco user, drugs, abuse and decrease of exercise. The goal of this research is to know factors which are contributed to the health behavior of the junior high school student at East Jakarta. Research methodology that has been used is analytic cross sectional. The population is all the government SLTP students at East Jakarta who are 11 - 18 years old. Sample is taken from 5 sub district and every sub district is taken one school. Every one school was taken 3 classes include year 7, 8, and 9. The sampling method is stratified cluster random sampling.

Analysis result revealed that the majority of the respondent are woman, 13 years old, the education background of their parents are junior high school (mothers), senior high school (fathers), and their parent are working. Based on the average score of knowledge and attitude level of the students to the health behavior is good. The role model (father, mother, friend, and teacher) of health behavior performance are also good, and the supporting facility surrounding the students is fairly good. There were positive correlation and significant between health behavior student and their knowledge, their attitude, their father's behavior, mother's behavior, their friend's behavior, and their teacher's behavior.

This research shown that there is a negative correlation and significant between health behavior student with their age. This research also revealed that there are significant relationship between health behavior of the students with their gender and their mother's status of work. Finally analysis revealed the most contributing factor to the health behavior of the students is friend health behavior, followed by other factors are mother's behavior, the age of students, student's gender, father's behavior, teacher's behavior and student's knowledge ( F significant - 0,000 and R square = 0,361)

On that result, it is recommended to the public junior high school to increase the quality of school health programmed and try to integrate the guidance of health behavior and health education programmed to the curriculum of health and exercise lesson (penjaskes); Community nurse start to develop the practice of school health nursing; directorate of health promotion of Ministry of Health (MOH) develop the health promotion for the teenager school age which could include the role of peer group, teenager organization, teacher and their parents. Further research to test the influence of peer group discussion to the teenager school age knowledge by using quasi experiment method.