

ABSTRAK

ANALISIS PERSEPSI DAN SIKAP TERHADAP PERILAKU POLA HIDUP SEHAT PADA LANSIA DI DUSUN GABAHAN KABUPATEN TRENGGALEK

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Pola hidup sehat pada lansia melibatkan beberapa aspek utama, termasuk nutrisi yang baik, aktivitas fisik yang teratur, dan pemantauan kesehatan secara berkala. Tujuan penelitian ini untuk menganalisis hubungan persepsi dan sikap terhadap perilaku pola hidup sehat pada lansia di Dusun Gabahan Desa Tawing Munjungan.

Desain penelitian ini adalah penelitian kuantitatif observasional dengan pendekatan *crosssectional* dengan fokus penelitiannya diarahkan untuk akan menganalisis hubungan persepsi dan sikap terhadap perilaku pola hidup sehat pada lansia di Dusun Gabahan Desa Tawing Munjungan. Jumlah populasi sejumlah 41 responden dan sampel sebanyak 37 responden yang diambil dengan teknik *Simple Random Sampling*.

Hasil temuan didapatkan bahwa hampir separuh responden memiliki persepsi kategori cukup sebanyak 17 responden (45,9%). Sebagian besar responden memiliki sikap kategori cukup sebanyak 19 responden (51,4%).

Berdasarkan hasil analisis *Regresi Linear* menunjukkan bahwa nilai *p-value* $0,000 < 0,05$ maka H_1 diterima jadi disimpulkan bahwa ada hubungan persepsi dan sikap terhadap perilaku pola hidup sehat pada lansia di Dusun Gabahan Desa Tawing Munjungan dengan besaran pengaruh 86,4%.

Persepsi yang baik mengenai manfaat pola hidup sehat, seperti pemahaman tentang pentingnya nutrisi seimbang dan aktivitas fisik, mendorong terbentuknya sikap positif. Sikap positif ini, pada gilirannya, mendorong lansia untuk mengadopsi dan mempertahankan perilaku hidup sehat. Faktor-faktor seperti pendidikan, akses terhadap informasi kesehatan, dan dukungan keluarga serta komunitas sangat penting dalam membentuk persepsi dan sikap yang baik.

Kata Kunci : Lansia, Persepsi, Sikap & Perilaku

ABSTRACT

ANALYSIS OF PERCEPTIONS AND ATTITUDES TOWARDS HEALTHY LIFESTYLE BEHAVIOR IN THE ELDERLY IN GABAHAN VILLAGE TRENGGALEK DISTRICT

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A healthy lifestyle in the elderly involves several key aspects, including good nutrition, regular physical activity, and regular health monitoring. The purpose of this study is to analyze the relationship between perception and attitude to healthy lifestyle behavior in the elderly in Gabahan Hamlet, Tawing Munjungan Village.

The design of this study is an observational quantitative research with a cross sectional approach with the focus of the research is directed to analyze the relationship of perception and attitude to healthy lifestyle behavior in the elderly in Gabahan Hamlet, Tawing Munjungan Village. The total population was 41 respondents and a sample of 37 respondents was taken using the Simple Random Sampling technique.

The findings showed that almost half of the respondents had a sufficient category perception of 17 respondents (45.9%). Most of the respondents had a sufficient category attitude as many as 19 respondents (51.4%).

Based on the results of the Linear Regression analysis, it was shown that the p-value of $0.000 < 0.05$ then H_1 was accepted, so it was concluded that there was a relationship of perception and attitude to healthy lifestyle behavior in the elderly in Gabahan Hamlet, Tawing Munjungan Village with an influence of 86.4%.

A good perception of the benefits of a healthy lifestyle, such as an understanding of the importance of balanced nutrition and physical activity, encourages the formation of a positive attitude. This positive attitude, in turn, encourages the elderly to adopt and maintain healthy living behaviors. Factors such as education, access to health information, and family and community support are crucial in shaping good perceptions and attitudes.

Keywords : Elderly, Perception, Attitude & Behavior