

ABSTRAK

Elsha Geraldine Giay (01071180169)

HUBUNGAN ANTARA TINGKAT PENGETAHUAN DAN PERILAKU MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN TERHADAP KONSUMSI D SELAMA MASA PANDEMI COVID-19

(xiv + 41 halaman: 6 gambar; 10 tabel; 3 lampiran)

Latar belakang: Pada 11 Maret 2020, WHO menyatakan bahwa penyakit COVID-19 sebagai pandemi global. Beberapa pedoman ditetapkan oleh WHO dan CDC untuk diterapkan seperti menggunakan masker, terutama ditempat umum atau pada lingkungan diluar rumah, mencuci tangan dengan sabun setidaknya 20 detik setelah/saat berada di ruangan umum dan setelah batuk maupun bersin serta menjaga jarak setidaknya 2 meter dijadikan prosedur kesehatan yang wajib dijalankan dalam masa pandemi sebagai tindakan preventif penyebaran virus SARS-CoV 2. Selain menjaga protokol kesehatan, menjaga kekebalan tubuh merupakan hal yang penting yang perlu diperhatikan dalam pencegahan penularan virus SARS-CoV 2. Belum adanya baku emas yang dalam tatalaksana penanganan COVID-19, efisiensi imun menjadi pertahanan melawan infeksi virus. Suplementasi vitamin dan mineral memiliki potensi dalam pencegahan infeksi virus SARS-CoV 2 namun data gambaran tingkat pengetahuan & perilaku masyarakat terhadap konsumsi vitamin D. Mahasiswa Fakultas Kedokteran Universitas Pelita Harapan yang merupakan bagian dari masyarakat, dapat menjadi sampel akan tingkat pengetahuan dan perilaku terhadap konsumsi vitamin D selama masa pandemi COVID-19.

Tujuan penelitian: Mengetahui data gambaran tingkat pengetahuan & perilaku mahasiswa Fakultas Kedokteran Universitas Pelita Harapan terhadap konsumsi vitamin D selama pandemi COVID-19.

Hipotesis: Terdapat hubungan antara pengetahuan dengan perilaku konsumsi vitamin D selama pandemi COVID-19

Metode: Jenis penelitian ini menggunakan desain potong lintang. Populasi sampel penelitian adalah 125 mahasiswa FK UPH yang dipilih dengan teknik *purposive sampling*. Data diperoleh dari kuesioner yang dibagikan melalui *platform Google form* pada bulan Oktober-Desember 2021 dan dianalisa menggunakan kai kuadrat program IBM SPSS versi 26,0.

Hasil: Sebagian besar mahasiswa FK UPH memiliki pengetahuan baik terhadap konsumsi vitamin D (99,2%) dan memiliki perilaku positif terhadap konsumsi vitamin D (65,6%) dengan nilai $p=0,47$ sehingga tidak ada hubungan yang signifikan antara pengetahuan dan perilaku mahasiswa FK UPH terhadap konsumsi vitamin D selama pandemi COVID-19.

Kata Kunci: COVID-19, Pengetahuan, Perilaku, Vitamin D

ABSTRACT

Elsha Geraldine Giay (01071180169)

THE CORRELATION BETWEEN KNOWLEDGE LEVEL AND BEHAVIOR OF FACULTY OF MEDICINE STUDENTS OF PELITA HARAPAN UNIVERSITY ON CONSUMPTION OF VITAMIN D DURING THE COVID-19 PANDEMIC

(xiv + 42 pages: 6 pictures; 10 tables; 3 appendix)

Background: *On March 11, 2020, WHO declared COVID-19 as a global pandemic. Several guidelines have been set by WHO and CDC to be applied such as using masks, especially in public places or outside the home, washing hands with soap for at least 20 seconds after/while in public rooms and after coughing or sneezing and maintaining a distance of at least 2 meters as a health procedure. which must be carried out during a pandemic as a preventive measure against the spread of the SARS-CoV2 virus. In addition to maintaining health protocols, maintaining immunity is an important thing that needs to be considered in preventing the transmission of the SARS-CoV2 virus. In the absence of a gold standard for handling COVID-19, immune efficiency is a defense against viral infections. Supplementation of vitamins and minerals has the potential to prevent infection with the SARS-CoV2 virus, but data describing the level of knowledge & behavior of the community towards vitamin and mineral consumption is still limited. Students of the Faculty of Medicine, Universitas Pelita Harapan who are part of the community, can be a sample of the level of knowledge and practice towards vitamin and mineral consumption during the Covid-19 pandemic.*

Aim of Study: *To find out the data describing the level of knowledge and practice of students of the Faculty of Medicine, Universitas Pelita Harapan towards vitamin D consumption during the COVID-19 pandemic.*

Hypothesis: *There is a relationship between knowledge and behavior of vitamin D consumption during the COVID-19 pandemic*

Methods: *This type of research uses a cross-sectional design. The research sample was 125 UPH Medical Faculty students who were selected by purposive sampling technique. Data was obtained from questionnaires distributed through the Google form platform in October-December 2021 and analyzed Chi Square from the IBM SPSS version 26.0 version.*

Results: *Most of the UPH FK students had good knowledge of vitamin D consumption (99.2%) and had positive behavior towards vitamin D consumption (65.6%) with p value=0.47 therefore there is no significant relationship between knowledge and UPH FK students' practice towards vitamin D consumption during the COVID-19 pandemic.*

Keywords: *Covid-19, Knowledge, Practice, Vitamin D,*