

ABSTRAK

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GAMBARAN PERILAKU KESEHATAN DAN TINGKAT RISIKO PENYAKIT BERBASIS LINGKUNGAN PADA MAHASISWA PENGHUNI ASRAMA DI SATU UNIVERSITAS TANGERANG

(xiii + 118 Halaman; 1 Bagan; 4 Tabel; 10 Lampiran)

Latar belakang: Lingkungan yang sehat merupakan faktor penting dalam menjaga kesehatan individu dan komunitas, termasuk di lingkungan asrama. Lingkungan sehat penting untuk mencegah penyakit berbasis lingkungan seperti ISPA, diare, DBD, tuberkulosis, dan lain-lain di asrama. **Tujuan penelitian:** Penelitian ini bertujuan untuk mengidentifikasi gambaran perilaku kesehatan dan gambaran tingkat risiko penyakit berbasis lingkungan pada penghuni asrama di satu Universitas Tangerang. **Metode penelitian:** Penelitian ini merupakan studi deskriptif kuantitatif dengan desain *cross-sectional* pada 303 responden. Instrumen yang digunakan adalah dua kuesioner terkait perilaku kesehatan dan tingkat risiko penyakit berbasis lingkungan. Analisis data dilakukan secara univariat. Penelitian dilaksanakan pada Januari–Mei 2025. **Hasil penelitian:** Hasil penelitian pada gambaran perilaku kesehatan pada aspek status kesehatan menunjukkan baik (57,4%), perilaku kebersihan sehari-hari baik (85,5%), pada aspek aktivitas sehari-hari baik (56,4%), kebiasaan makan dan minum baik (55,4%) dan perilaku berisiko kurang (64,7%). Secara keseluruhan gambaran perilaku kesehatan masuk dalam kategori perilaku kurang (50,2%). Pada gambaran tingkat risiko penyakit berbasis lingkungan mayoritas responden kategori rendah (95,7%). **Kesimpulan:** Penelitian deskriptif ini memberikan gambaran perilaku kesehatan pada mahasiswa penghuni asrama di satu universitas Tangerang kurang dan tingkat risiko penyakit berbasis lingkungan menunjukkan rendah. Disarankan pengelola asrama dan institusi pendidikan meningkatkan edukasi rutin tentang hidup bersih, pola makan seimbang, dan aktivitas fisik. Penyediaan sarana pendukung lingkungan sehat juga diperlukan. Penelitian ini diharapkan menjadi referensi untuk studi selanjutnya dengan variabel lebih spesifik.

Kata kunci: Penghuni Asrama, Perilaku Kesehatan, Risiko Penyakit Berbasis Lingkungan, mahasiswa

Referensi: 71 (2015-2024)

ABSTRACT

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DESCRIPTION OF HEALTH BEHAVIOUR AND THE LEVEL OF RISK OF ENVIRONMENT BASED DISEASES IN STUDENTS LIVING IN DORMITORIES AT ONE TANGERANG UNIVERSITY

(xiii + 118 Pages; 1 Chart; 4 Table; 10 Attachments)

Background: A healthy environment is an important factor in maintaining individual and community health, including in a dormitory environment. A healthy environment is important to prevent environment-based diseases such as ARI, diarrhea, dengue fever, tuberculosis, and others in dormitories. **Objective:** This study aims to identify the picture of health behavior and the level of risk of environment-based diseases in dormitory residents at one Tangerang University. **Research method:** This research is a descriptive quantitative study with a cross-sectional design on 303 respondents. The instruments used were two questionnaires related to health behavior and the level of risk of environment-based diseases. Data analysis was conducted univariately. The study was conducted in January-May 2025. **Research results:** Research results: The results of the study on the description of health behavior in the aspect of health status showed good (57.4%), good daily hygiene behavior (85.5%), in the aspect of good daily activities (56.4%), good eating and drinking habits (55.4%) and less risky behavior (64.7%). Overall the picture of health behavior falls into the category of poor behavior (50.2%). In the description of the level of risk of environment-based diseases, the majority of respondents were in the low category (95.7%). **Translated with DeepL.com (free version).** **Conclusion:** This descriptive study provides an overview of the health behavior of students living in dormitories at one Tangerang university is lacking and the level of risk of environment-based diseases shows low. It is recommended that dormitory managers and educational institutions increase routine education about clean living, a balanced diet, and physical activity. Provision of supporting facilities for a healthy environment is also needed. This research is expected to be a reference for further studies with more specific variables.

Keywords: Dormitory Residents, Health Behavior, Risk of Environment-based Disease, University Students

Reference: 71 (2015-2024)