

ABSTRAK

RIVKY ABDI PRASETYO : SURVEY POLA HIDUP SEHAT DI AREAL WISATA BUKIT LAWANG DIMASSA PANDEMI COVID 19

Pembimbing Skripsi : Dr. Hariadi, S.Pd., M.Kes.
Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021.

Penelitian ini merupakan penelitian deskriptif dengan pendekatan kuantitatif. Metode yang digunakan adalah metode *survey*. Instrumen penelitian yang digunakan adalah angket dengan 52 butir pernyataan. Metode penelitian ini adalah metode *survey* dan teknik analisis data deskriptif kuantitatif. Pengumpulan data dilakukan observasi langsung dengan instrumen berupa lembar observasi atau melalui pengamatan langsung, wawancara dan dokumentasi.

Dari hasil kuisioner perilaku hidup sehat pada data kategori sakit dan penyakit diperoleh rentang antara nilai rata-rata 78,8 - 62, Mean ideal (M) 70 dan standar deviasi (SD) 5,1. Dari hasil ini dapat dikategorikan, sebanyak 3 masyarakat atau 6% kategori Sangat kurang, sebanyak 15 masyarakat atau 34% kategori kurang, sebanyak 14 masyarakat atau 31% kategori sedang, sebanyak 13 masyarakat atau 24% kategori baik dan sebanyak 2 masyarakat atau 4% kategori baik sekali. Berikut ini dapat dilihat tabel kategori sesuai dengan jumlah dan persentasenya.

Dari hasil kuisioner ini dapat dikategorikan bahwa tingkat perilaku hidup sehat masyarakat di areal wisata bukit lawang, secara keseluruhan dikatakan memiliki dominan tingkat perilaku hidup sehat dengan kategori sedang dan baik, sehingga perlu adanya sosialisasi kepada masyarakat, agar tingkat perilaku hidup sehat masyarakat menjadi tinggi, sehingga dapat mendukung program pemerintah dalam mengurangi penularan virus covid 19

Kata Kunci : Survei, Perilaku Hidup Sehat.

Character Building
UNIVERSITY

ABSTRACT

RIVKY ABDI PRASETYO: SURVEY OF HEALTHY LIFESTYLE PATTERNS IN HILLSLAWANG TOURISM IN PANDEMI COVID 19

Thesis Advisor : Dr. Hariadi, S.Pd., M.Kes.

Thesis : Faculty of Sports Science, UNIMED 2021.

This research is a descriptive study with a quantitative approach. The method used is a survey method. The research instrument used was a questionnaire with 52 statement items. This research method is a survey method and quantitative descriptive data analysis techniques. Data collection was carried out by direct observation with instruments in the form of observation sheets or through direct observation, interviews and documentation.

From the results of the questionnaire on healthy living behaviors on the data on the category of illness and disease, it was obtained a range between the mean value of 78.8 - 62, the ideal mean (M) 70 and the standard deviation (SD) 5.1. From these results it can be categorized, as many as 3 communities or 6% in the very poor category, as many as 15 people or 34% in the poor category, as many as 14 people or 31% in the moderate category, as many as 13 people or 24% in good categories and as many as 2 people or 4% categories very well. The following can be seen the category table according to the number and percentage.

From the results of this questionnaire it can be categorized that the level of healthy life behavior in the community in the Bukit Lawang tourism area is said to have a dominant level of healthy life behavior with moderate and good categories, so there is a need for socialization to the community, so that the level of healthy behavior in the community becomes high, so that can support government programs in reducing the transmission of the Covid 19 virus

Keywords : Survey, Healthy Lifestyle

Character Building
UNIVERSITY