

The Health Behavior of Students at Home Economics Program during Covid-19 Pandemic Era

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Abstract. One of the basic applications of health behavior for every individual is the knowledge that they have. The knowledge can be obtained through education, both formal, non-formal and informal education. Healthy lifestyle is a practice of clean and healthy habits in daily life both at home and outdoors. Most of students at UNNES especially Home Economics study program live in boarding houses, but during the pandemic most of the students returned to their homes. Family and environmental health is one of the courses in the Home Economics program which is expected to be the basis for the application of health behavior for students. This *ex-post-facto* research aims to explain about the health behavior of the of students during the pandemics of covid-19. The population of the study is the all students at the Home Economics program, Universitas Negeri Semarang. 89 students were sampled in this research. Those who were sampled have taken family and the environmental health. The results showed that students of Home Economics program implementing health behavior in the category of "high" with the percentage of 36% (32 people), the category "moderate" by 64% (57 people), and there are no students in the category of "low". Based on the results, it is recommended that the students of Home Economics program of UNNES continue to improve the implementation of health behavior, at home and the outside.

Keywords: health behavior, Home Economics program students, Covid-19 pandemic

1 Background

Healthy lifestyle is a practice of clean and healthy habit in the daily life for the students during both in class or at the outside (Kus irianto, 2004). Healthy lifestyle is an attempt to empower household members in being aware of, as well as engaging in health behavior (Suratno and Rismiati, 2001). Health behavior is a response to a person's health (organisms) to stimulus associated with pain and diseases of the health care system, food and the environment. The Ministry of Health argued only 20 percent of Indonesia's total population understood a healthy lifestyle; while the number of various diseases and health threats, such as stunting to obesity, continue to increase (Deonisia Arlinta in Kompas, 20-09- 2019). Mohammed JM

Shabat's (2015) research describes that the health behavior of students at the medical school is in the good category with 49%, and the poor category 51%. While health behavior of the nursing students of Medical School at Udayana University, Denpasar is in the poor category (Made Rini et al, 2016). Most of the students, either immigrants or stay at home, usually do not really concern about the health, because their business during class. Therefore, their attention to their own health is second to finishing the task, or the activities of the organization. In addition, they have financial reasons to avoid the healthy lifestyle. 80 % of the students at Home Economics program are from out of town; they live in boarding houses. The family and the environment health course is one of the courses taken by students at the Home Economics. Therefore, it is expected to be the basis for the implementation of health behavior both when staying at the boarding house and at home. Based on the background above, the research problem is formulated as follows: how is the level of health behavior of the students at Home Economics program during the covid-19 pandemic? The results of this study are expected to contribute in providing information about the health behavior of students during the Covid – 19 pandemic; as well as the development of the learning material at Home Economics program. Both contributions illustrate the urgency of the attitudes and behaviors that promote health behavior as the basis to perform students' activities. Therefore, the health behavior leads to students who are intelligent, have stronger character both in the perspective of normative and paradigmatic.

2 Method

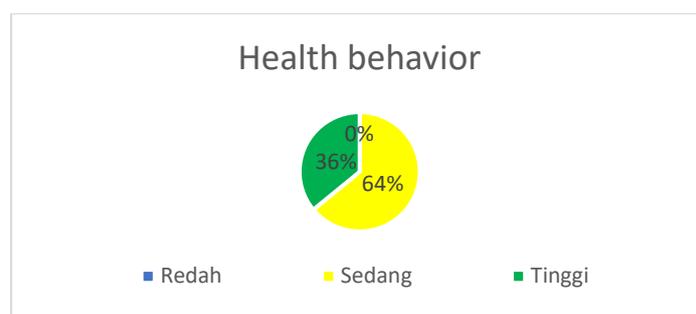
Research Design , this ex -post-facto research is aimed at describing the health behavior of the students at Home Economics program, Unnes during the Covid – 19 pandemics. The population of this research is all students at Home Economics program, Universitas Negeri Semarang. through the purposive random sampling, 89 students were sampled in this research. Those who are sampled in this research have taken Family and Environment Health. Data Collection Instruments, A questionnaire consisting of 14 statements of seven indicators was used to measure the health behavior. Each statement has five alternative choices of the response action. The indicators of the questionnaire are as follows : 1) 2 items for the exercise indicator; 2) 2 items for the consumption of fruit and vegetables indicator; 3) 2 items for reduction of staying up late indicator; 4) 2 items for the consumption of water indicator, 5) 2 items for the consumption of nutritionally balanced menu indicator; 6) 2 items for the capacity of stress management; 7) 2 items for maintaining the cleanliness of the environment indicator. The choices of each item are as follows: " always " = 5, "mostly" = 4, "sometimes " = 3, " rarely " = 2, "never" = 1 . The validity and reliability of instruments were tested at 30 students out of the sample by using exploratory factors analysis. KMO Value for the Measure of sampling adequacy (MSA)= 0.678 or > 0.05 which means that the sample is adequate for this research, the value of KMO and Bartlett's test (chi-square) = 194.530 with the probability value = 0.000, it indicated the correlation between the variables. The MSA value of each item > 0.05. This value indicates that all items are valid. Cronbach's Alpha value = 0.582, the reliability of the instrument is included into moderate category. The normality tests were conducted by sung Liliefors (sig. = 0.045) and Shapiro - Wilk tests (sig. = 0.005) , both indicate that the data were normally distributed with the probability value less than 0.05 (0.045> 0.05; 0.005 <0.05). Data Analysis Categorization data was performed by using with these following criteria: 1) $X < [\mu -$

1.0 σ] [low category] ; 2) $[\mu - 1.0 \sigma] \leq X < [\mu + 1.0 \sigma]$ [average category] ; 3) $[\mu + 1.0 \sigma] \leq X$ [high category] . Description : X = score , μ = mean value, σ = standard deviation. While the percentage in each category is calculated by the formula: $NP = [R \times 100\%] \times [SR]$ -¹. Description of the formula: NP = the expected of percentage value; R = the number of the respondents at the specified category; SR = overall respondents; 100 = a constant. [Azwar , 2012].

3 Finding

The results of the data analysis can be seen follows:

Classification	frequency	percent	Valid percent	Cumulative percent
average	57	64.0	64.0	64.0
High	32	36.0	36.0	100
Low	-	-	-	-
Total	89	100.0	100.0	-



Based on the results on the table and the diagram above, it can be explained that, the students of Home Economics program implementing health behavior are in the category of "high" at 36% (32 people), then 64% (57 people) of the students are in "Moderate" category, and there are not students at the Home Economics program are in the "low" category.

DISCUSS

Healthy lifestyle as an effort to keep one's body healthy, which can be done by eating nutritious food, exercising regularly, and getting enough rest. Most people consider that healthy lifestyle is difficult lifestyle to live because it is financially expensive. Health is something that is coveted by every individual regardless of age, gender and social status. Inner and outer wealth becomes meaningless when we are stuck on illness or pain. The concept of "healthy" according to **WHO** is formulated in a very broad scope, that "a state of perfect physical, mental and social, not just the absence of disease or infirmity / disability". In this definition, health is not just free from disease or disability. People who are not sick are not necessarily considered to be healthy, they should be healthy in the sense of perfect condition physically, mentally, and socially. The definition of health by the WHO is an ideal circumstance based on the perspective biology, psychology and, social and so one can perform activities optimally. The healthy definition

proposed by WHO contains 3 characteristics: 1) Reflecting attention on individuals as humans; 2) defining health in the context of internal and external environment; 3) Health is defined as a creative and productive life. Health is not a condition but an adjustment, and is not a condition but a process, and what is meant by the process here is the adaptation of individuals who are not only to their physical but to their social environment. According to WHO, there are three important components that constitute a definition of health: 1. Physical Health, an important component in the sense of being completely healthy, in the form of a human figure who has healthy skin, shining eyes, neatly combed hair, neatly dressed, muscular, not fat, fresh breath, good appetite, sleep soundly, agile and all physiological functions of the body run normally; 2. Mental Health, mental and physical health is always inter – connected as in the old saying "a healthy soul resides in a healthy body" (*Men Sana In corpore Sano*); 3. Spiritual health, is an additional component to the definition of health by WHO and has an important meaning in people's daily lives. Every individual needs to get formal and informal education, the opportunity to take a vacation, listen to music and songs, spiritual education such as religious lectures and others so that a dynamic and not monotonous soul balance occurs. Therefore, it can be concluded that the definition of health according to the WHO includes physical, mental, and social (Chandra Budiman. 2006)

Behavior of students in the current era tends to ignore healthy lifestyles, especially for adequate nutrition, because most students consume fast food without vegetables, as well as types of drinks that are more concerned with aroma and taste without considering nutrient content. Most students are often less able to manage their time because they assume that the assignments from the class is their burdens that they need to finish and it takes time from the afternoon until the evening incessantly. They also have many additional activities, it can make students lazy to take care of themselves. Starting from irregular eating patterns, lack of time to exercise, eating unhealthy foods, and lack of rest. Most of the students, either immigrants or stay at home, pay less attention to their health (Made Rini et al, 2016). As a result, the body that should be fit, can be easily attacked by various diseases. To avoid unwanted diseases, students must pay attention to the importance of health behavior at a young age. Here are ways that can be used as a reference relating to regulating lifestyles to stay healthy. The seven points of a healthy lifestyle for students who make indicators of a healthy lifestyle refer to Rafani AS, (2020) (<http://tipsjalanihidup.blogspot.co.id/2015/03/tips-sehat-untuk-mahasiswa.html>), as follows: 1) make time for a light exercise such as running, push up 10-20 times, or just loosen muscles everyday. That will be very meaningful for the body or take minimal exercise at least 2-3 hours of walking in the morning because with moderate exercise is enough to prevent the body from heart disease, stroke, diabetes and osteoporosis. If you have more time, choose the right and healthy activities, one of them is by exercising, such as jogging, swimming, healthy walking, aerobics, recreational sports; during the Covid - 19 pandemic, most student still do not take the time to exercise. It is predicted because students' daily activities were almost completely at home. 2), Consuming vegetables and fruit, the immune system must be maintained to prevent various diseases. Vegetables contain antioxidants that must be consumed. Most students, especially those who live in boarding houses tend to always consume instant foods such as noodles, perhaps many do not understand the danger of instant foods. To return to a healthy lifestyle, it is necessary to reduce instant foods, and consume lots of fruits and vegetables. Fruits do not have to be expensive, there are bananas, oranges, mangoes and many more, as well as vegetables such as spinach, kale, long beans, and the like. Consuming fruit should be before eating, so that the benefits of the fruit itself can be felt more; Health behavior of students in consuming nutritious food on average is good, it is assumed because during the Covid - 19 pandemic, students actually live at home, so that they can consume

nutritious foods, especially fruits and vegetables. 3) reducing the time to stay up all night; staying up late is mostly done by students who have not been able to manage time. Students must be good at managing time to avoid staying up late, because it takes up our time to rest and consume more energy in our bodies. When we stay up all night we will feel hungry, then the students tend to choose instant food as a solution, such actions become unhealthy if consumed too often; Most students are in the moderate category of time management for taking a rest, it is assumed that during Covid - 19 pandemic, many assignments must be completed because all lectures go online as well as the implementation of mid-term and final exam. Furthermore , 4) drink plenty of water, our bodies need very much water intake, most students prefer to drink colorful, flavorful and contain lots of artificial sweeteners, not all types of drinks we drink will be useful for our health, it is recommended to start increasing intake of water consumed every day that is 2-3 liters every day; Health behavior of students in consuming water every day on average is good, it is assumed because at home they always provide water and in the pandemic season many students stay at home. 5) eat sufficiently, meaning that it does not limit the portion of food, but choose foods that are nutritious and healthy. The food does not have to be fancy, but it must still maintain the nutritionally – balanced food; According to nutritionist Dr. Lanny Dewi, SPGK, things that must be considered in a diet are the amount of food, type of food, and meal schedule. Ideally the amount of food must be the same as the energy produced by the body. The indicator of eating in moderation is in moderate category, it is assumed because there are many activities at home, so that their appetite increases, and often consumes foods that are not actually needed by the body. 6) stress management, for example, many assignment, poor time management, romance issues, lack of financial, family issues, can lead to stress. To cope with stress, try to do some fun activities. Relax and do positive things that can channel your hobby. Get together with friends of the same type, listen to fun and funny stories that can make us laugh. Stress management is required in dealing with the problems we face so that we can live better; Most students are still in the moderate category of stress management, it is assumed that during the Covid – 19 pandemic, communication with friends is not good and there are class assignments can lead to psychological pressure. 7) keeping the cleanliness and neatness of the environment, learning in a clean and tidy condition is much more comfortable than in a dirty and disorganized condition. Cleanliness is not only benefit themselves, but also benefit people around us. Neatness can improve our mood for enthusiasm for learning and remain optimal in maintaining health; the indicator of maintaining the cleanliness is in moderate category. It is assumed that the students' routine of doing daily activities at home, so they have time to clean and tidy up the house and its environment. It is suggested by Dr. Reni Utari (April, 2020) [www, Sehatq.com](http://www.Sehatq.com), some things that need to be done during the Covid-19 pandemic are: Get enough sleep, consume healthy food, consume multi vitamins, control stress, exercise, sunbathe, stay away unhealthy food.

4 Conclusion and Suggestion

Conclusions: the health behavior of students at Home Economics program are as follows, in there were 32 students or 36% in the high category, 64% or 57 students are in the moderate category and no students are in the low category. Based on these results, the suggestion given to all students in general and at Home Economics program in particular, is to improve the implementation of health behavior both at home and at the outside.

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