

**PENERAPAN PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) LANSIA
PADA MASA PANDEMI COVID-19 DI WILAYAH KERJA
PUSKESMAS BAMBANGLIPURO**

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ABSTRAK

Latar Belakang : Kelompok lansia memiliki daya imun yang mulai berkurang dan sangat rentan akan serangan virus maupun penyakit. Perlu peningkatan kesadaran untuk mau melakukan kegiatan perilaku hidup bersih dan sehat.

Tujuan : Mengetahui penerapan perilaku hidup bersih dan sehat (PHBS) lansia pada masa pandemi Covid-19 di wilayah kerja Puskesmas Bambanglipuro.

Metode : Penelitian ini menggunakan deskriptif survei. Populasi seluruh lansia di Desa Sumbermulyo dengan jumlah sampel sebanyak 96 responden dengan teknik pengambilan sampel *simple random sampling*. Penelitian dilaksanakan pada tanggal 15-28 Januari 2022. Instrumen pada penelitian ini menggunakan kuesioner, analisis data penelitian ini menggunakan analisis univariat.

Hasil : Menunjukkan bahwa karakteristik responden dalam penelitian ini meliputi jenis kelamin, usia, pendidikan terakhir, pekerjaan, dan status tinggal. Penerapan tentang mencuci tangan baik (52%). Penerapan tentang aktivitas fisik sehari-hari baik (67%). Penerapan tentang mengkonsumsi sayur dan buah setiap hari baik (82%). Penerapan tentang tidak merokok di dalam rumah baik (68%). Secara keseluruhan, penerapan Perilaku Hidup Bersih dan Sehat lansia termasuk dalam kategori baik (81%).

Kesimpulan : Penerapan Perilaku Hidup Bersih dan Sehat lansia pada masa pandemi Covid-19 di wilayah kerja Puskesmas Bambanglipuro sebagian besar dalam kategori baik.

Kata Kunci : Penerapan, Perilaku Hidup Bersih dan Sehat, Lansia, Pandemi Covid-19

IMPLEMENTATION OF CLEAN AND HEALTHY LIVING BEHAVIOR (PHBS) ELDERLY DURING THE COVID-19 PANDEMIC IN THE WORK AREA BAMBANGLIPURO HEALTH CENTER

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ABSTRACT

Background : The elderly group has a reduced immune system and is very vulnerable to viruses and diseases. It is necessary to increase awareness to want to carry out clean and healthy lifestyle activities.

Objective : To find out the application of clean and healthy living behavior (PHBS) for the elderly during the Covid-19 pandemic in the work area of the Bambanglipuro Health Center.

Methods : Descriptive survey research. The population of all elderly in Sumbermulyo Village with a total sample of 96 respondents with a simple random sampling technique. The research was conducted on January 15-28, 2022. The instrument used was a questionnaire. Data analysis used univariate analysis.

Results : Indicates that the characteristics of the respondents in this study include gender, age, last education, occupation, and status of residence. The application of hand washing is good (52%). The application of daily physical activity is good (67%). The application of consuming vegetables and fruit every day is good (82%). The application of not smoking in the house is good (68%). Overall, the implementation of the Clean and Healthy Lifestyle for the elderly is in the good category (81%).

Conclusion : The implementation of the Clean and Healthy Lifestyle of the elderly during the Covid-19 pandemic in the Bambanglipuro Health Center work area was mostly in the good category.

Keywords : Application, Clean and Healthy Lifestyle, Elderly, Covid-19 Pandemic