

Application Of Health Promoting University To Students' Knowledge About The Importance Of Physical Activity

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ABSTRACT

Obesity in Indonesia occurs mostly in people aged > 18 years with the number of obesity in 2013 there were 19.66% in men and 32.90% in women, and increased in 2018 to 26.60% in men and 44,40% in women. Obesity is one of the nutritional disorders that is the biggest health challenge for the community and is the third largest cause of degenerative diseases and chronic diseases such as diabetes mellitus (DM), hypertension, cholesterol, stroke to cancer. This research was conducted at STIKES Kusuma Bangsa, Mataram City, with a sample of 82 people who were taken by total sampling technique, the data analysis used was the paired t-test with a standard significance of = 0.05. the results of data analysis showed that the number of respondents' gender was mostly female 52.4%, the distribution of the highest semester in semester 4 was 43.9%, and the distribution of the most study program was Hospital Administration study program 61%, and the results of the analysis used the paired T-test. obtained p-value $0.000 < = 0.05$. There is an effect of implementing a health-promoting university on the level of student knowledge about the importance of physical activity in the STIKES Kusuma Bangsa campus.

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1. INTRODUCTION

Obesity is a problem of excess fat in the body and has a negative impact on health, this condition is commonly experienced by teenagers, both male and female. (Khoirunnisa & Kurniasari, 2022; Kementerian Kesehatan RI, 2018). The increasing prevalence does not only occur in developed countries but also in developing countries such as Indonesia. Obesity in Indonesia mostly occurs in people aged > 18 years with the number of obesity in 2013 there were 19.66% men and 32.90% women and increased in 2018 to 26.60% in men and 44, 40% in women. Obesity is one of the nutritional disorders that is the biggest health challenge for the community and is the third largest cause of degenerative diseases and chronic diseases such as diabetes mellitus (DM), hypertension, cholesterol, stroke to cancer. (Kemenkes RI, 2021; Kadek Gyna et al., 2022).

According to Zhang et al., (2014) Obesity is caused by many factors, including nutritional intake, physical activity patterns, gender, age, education level and occupation. Personality factors, depression, side effects of drugs, and genetics also contribute to the incidence of overweight and obesity. Genetic predisposition may be a factor in obesity. However, genetic factors do not directly cause obesity, this is because habits, diet, and physical activity play an important role in increasing body weight (Evan et al., 2017; Hikmawati, 2018).

Based on the results of a preliminary study conducted at STIKES Kusuma Bangsa, it was found that 8 out of 10 people interviewed had poor eating patterns and poor activity patterns,

resulting in excessive body weight, this behaviour was formed due to a lack of knowledge and understanding of students about the importance of active activities. Enough with a healthy diet in preventing obesity.

According to Ningtyas et al., (2018) The increase in obesity rates is caused by an unbalanced diet. Excessive eating patterns can be a factor in the occurrence of obesity in students. One of the main causes of obesity is an unhealthy diet which is influenced by several factors, one of which is knowledge and environmental factors. Knowledge and environmental factors influence student behaviour which results in the type of food consumed. The implementation of a healthy campus life by running the Health promoting University program is one step to realize health promotion in the campus environment and aims to make the campus community live healthily and avoid obesity and degenerative diseases because the campus community is an example or agent of change for the general public. Where we know Health promoting university is a health information centre for campus communities, especially students in implementing a healthy lifestyle (Agustini et al., 2021; Taylor et al., 2018). Based on the above background, it is important to research the application of a health-promoting university to students' knowledge of the importance of physical activity.

2. METHOD

Type this research is an Experiment with a Quasi-experimental research design. This research was conducted at STIKES Kusuma Bangsa Mataram City, The population in this study were all students of STIKES Kusuma Bangsa, and the sampling technique in this study used a Total Sampling of as many as 82 people. The data from this study will be analyzed using the paired t-test with a significance of = 0.05.

3. RESULT AND DISCUSSION

Characteristics of Respondents

The characteristics of respondents in this study can be seen in the following table:

Table 1 Characteristics of Respondents

Variable	n	%
Sex		
Male	39	47,6
Female	43	52,4
Semester		
2	37	45,1
4	38	43,9
6	9	11
Prodi		
Pharmacy	32	39
MHA	50	61

Based on the data in Table 1, it is known that most gender is female 52.4%, male 47.6%, 4th-semester level 43.9%, 2nd semester 45.1%, 6th semester 11%, while based on Study Program Management hospital administration study program 61% and pharmacy study program 39%.

Result Paired T Test

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The results of the analysis of the effect of implementing a health promoting university on the level of student knowledge about the importance of physical activity can be seen in the following table:

Tabel 2 Paired T Test

Knowledge	Mean	Range	Std. Dev	P Value
Pre test	17,85	38,45	2,409	0,000
Post test	56,30		5,653	

Based on the results of the paired t test in table 2, it is known that the mean level of knowledge of students about the importance of physical activity patterns is 17.85, and experienced a change or increase after being given intervention with training for 2 sessions to 56.30, or an increase of 38.45 , with p value $0.000 < \alpha = 0.05$.

Discussion

Based on the results of this study, it was known that the level of knowledge of students about the importance of physical activity patterns was 17.85, and experienced a change or increase after being given intervention with training for 2 sessions to 56.30, or an increase of 38.45, with p value $0.000 < \alpha = 0.05$, which means that there is an effect of implementing a health promoting university on the level of student knowledge about the importance of physical activity.

This research is in line with Suárez-Reyes & Broucke (2016) which states that a health promoting university is one of the good programs in increasing awareness of the campus community, especially students in implementing a healthy life in the campus environment, one of which is sufficient physical activity. research by Agustini et al., (2021) which states that there is a change in the behavior of physical activity patterns after the implementation of a health promoting university in the Faculty of Medicine, Faculty of Medicine, Gadjah Mada University, distribution of online media in the form of posters and fillers through accounts and organizational groups. Installation of print media in the form of Traffic Light Food Labeling in the canteen, motivational walking banners in parking pockets, motivational posters for physical activity on the stairs, and motivational stickers for using stairs in the elevator. Most of the respondents have awareness of the SALAM Sehat Media Campaign. The SALAM Sehat media message was considered to have met the requirements of the message element. This campaign requires the development of a consistent message, integrated with policy, environmental procurement, and wider collaboration.

This campaign is considered innovative by involving collaboration between student organizations, but there are obstacles in the form of internal coordination that depend on organizational culture. Another research conducted by siswati et al., (2022) stated that the implementation of a health-promoting university is very appropriate in preventing degenerative diseases caused by an unhealthy lifestyle, the application of early detection of non-communicable diseases is one of the right steps in determining problems and planning prevention. The right way is to implement a Health-promoting university, and it is hoped that universities will be able to maintain and improve this program for the better (Tsouros et al., 2008).

Menurut Almutairi et al., (2018) A lifestyle is a way of living that could be considered either healthy or unhealthy depending on personal behavioral choices, health-promoting

lifestyle has been defined as “a multi- dimensional pattern of self-initiated actions and perceptions that serve to maintain or enhance the level of wellness, self-actualization and fulfillment of the individual”. Health promoting behaviors include health responsibility, physical activity, nutrition, spiritual growth, interpersonal relations, and stress management. A health promoting lifestyle is an important determinant of health status and is recognized as a major factor for the maintenance and improvement of health(Widyahening et al., 2022).

Based on the results of the discussion above, it can be concluded that students who have an awareness of health will apply a healthy lifestyle such as maintaining a healthy diet, adequate physical activity, and managing stress well. By increasing the knowledge and behaviour of a Health-promoting university, students can support the initiation of healthy campuses and independent campuses so that students can study healthily and be free from obesity and chronic diseases and students are more active in carrying out adequate physical activity.

4. CONCLUSION

Based on the results and discussion above, it can be concluded that the gender of the respondents is mostly female 52.4%, the distribution of the highest semester in 4th semester is 43.9%, and the distribution of the most study program is the Hospital Administration study program 61%, and the results of the analysis use the paired T-test. test obtained p-value $0.000 < = 0.05$. This means that there is an effect of implementing a health-promoting university on the level of student knowledge about the importance of physical activity in the STIKES Kusuma Bangsa campus. With this program, it is hoped that STIKES Kusuma Bangsa as one of the Health campuses in West Nusa Tenggara Province will become a role model for healthy campuses for other campuses and the community.

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