

Pengaturan pola aktivitas: POLAKTIF sebagai intervensi unggulan masalah perilaku kesehatan cenderung berisiko pada An. F Kelurahan Sukamaju Baru, Tapos, Depok = The arrangement of activity pattern: POLAKTTIF as main intervention of risk prone health behavior problems towards An. F Sukamaju Baru, Tapos, Depok

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Abstrak

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Area perkotaan sebagai pusat pembangunan menimbulkan pergeseran pola penyebaran penduduk karena adanya faktor kesenjangan pertumbuhan perekonomian yang berdampak disegala aspek, salah satunya masalah kesehatan. Salah satu masalah kesehatan yang muncul yaitu masalah perilaku kesehatan cenderung berisiko pada remaja. Satu bentuk intervensi keperawatan yang telah dilakukan adalah dengan memberikan edukasi kesehatan dan melatih psikomotor dengan intervensi unggulan berupa pengaturan pola aktivitas pada remaja dengan perilaku kesehatan cenderung berisiko (aktivitas berlebih). Analisa akhir intervensi didapatkan hasil keluarga telah mampu mencapai lima tugas kesehatan keluarga berupa intervensi unggulan dalam melaksanakan dan mengontrol POLAKTIF yang telah terjadwal dan tingkat kemandirian keluarga meningkat dari tingkat kemandirian II menjadi tingkat kemandirian III. Penulis menyarankan perawat komunitas dapat melakukan tindakan prevensi dalam upaya menekan faktor risiko yang mempengaruhi masalah perilaku kesehatan cenderung berisiko pada remaja dan dapat mengoptimalkan peran kader kesehatan di masyarakat dalam melakukan pembinaan remaja di keluarga melalui pengoptimalan kembali fungsi dari BKR (Bina Keluarga Remaja) di masyarakat.

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ABSTRACT

Urban area as the center of development has been raising a shift in the pattern of population's distribution because of the gap factor impacting economic growth in all aspects, one of them is health problem. One of the health problems that arise was risk prone health behavior problem in adolescents. One of nursing intervention which has done was to provide health education and training psychomotor with a main intervention of the arrangement pattern of activity in adolescents with risk prone health behavior problem (overactivity). The final analysis showed that family intervention has been able to achieve the five tasks of family health with main intervention featured in implementing and POLAKTIF which have been scheduled and the level of independence of the family increased from a level of independence II to level III. The author suggested the community nurse can be perform prevention actions in an effort to suppress the risk factors that influence with risk prone health behavior problem in adolescents and can optimize the role of ?kader? in the community in developing teenagers in family by optimizing the functions of the BKR (Bina Keluarga Remaja) in the community.;Urban area as the center of development has been raising a shift in the pattern of population's distribution because of the gap factor impacting economic growth in all aspects, one of them is health problem. One of the health problems that arise was risk prone health behavior problem in adolescents. One of nursing intervention which has done was to provide health education and training psychomotor with a main intervention of the arrangement pattern of activity in adolescents with risk prone health behavior

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