

Determinan perilaku sehat rumah tangga di Kabupaten Samosir, Sumatera Utara tahun 2016 = Determinants of households's health behavior in the District Samosir North Sumatera 2016 / Martina Pakpahan

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Abstrak

ABSTRAK

Penyakit tidak menular dan penyakit menular berkaitan erat dengan perilaku tidak sehat. Menurut Riskesdas tahun 2013, capaian proporsi rumah tangga berperilaku hidup bersih dan sehat (PHBS) secara nasional sebesar 32,3 %, provinsi Sumatera Utara sebesar 24,6 % sedangkan di Kabupaten Samosir sebesar 14,7 %. Penelitian bertujuan untuk menganalisa determinan perilaku sehat rumah tangga di Kabupaten Samosir tahun 2016.

Penelitian dilakukan ditiga Kecamatan; Pangururan, Simanindo dan Ronggur

Nihuta. Penelitian menggunakan metodologi kuantitatif dan kualitatif (mix method) dengan desain cross sectional. Jumlah sampel 187 ibu rumah tangga. Informan wawancara mendalam adalah petugas Dinas Kesehatan, petugas Puskesmas serta tokoh agama/tokoh masyarakat.

Hasil penelitian menunjukkan perilaku sehat rumah tangga di Kabupaten Samosir sebesar 12.8 %. Variabel yang berhubungan bermakna dengan perilaku sehat setelah dikontrol variabel lainnya yaitu; sikap (nilai $p=0.001$; OR=8.79; CI 95%=2.68-28.82), penghasilan (nilai $p=0.001$; OR=7.92; CI 95%=2.56-24.6), serta ketersediaan dan keterjangkauan fasilitas kesehatan (nilai $p=0,049$; OR=3.32; CI 95%=1.01-10.95). Sikap merupakan variabel dominan. Hasil wawancara mendalam, diketahui determinan perilaku sehat yaitu; ekonomi masyarakat, karakteristik masyarakat, infrastruktur dan akses. Perlu diterapkan strategi promosi kesehatan yang paripurna dalam mengatasi determinan perilaku sehat rumah tangga.

ABSTRACT

Non-communicable diseases and infectious diseases closely associated with unhealthy behaviors. According Riskesdas in 2013, the proportion of households's health behavior nationally was 32.3%, North Sumatera province at 24.6%, while in Samosir 14.7%. This study aims to analyze the determinants of households's health behavior in the district Samosir, 2016.

The research in three sub-district; Pangururan, Simanindo and Ronggur Nihuta. Research using quantitative and qualitative research methodologies (mix method) with cross-sectional design. a sample of 187 housewives. Informants of in-depth interview are staff of Samosir's Health Department, staff of Health Center and religious/community leaders.

The results showed health behavior of households in Samosir at 12.8 %.

Variables that have a meaningful relationship with health behaviour after controlling other variables;attitude

(p value=0.001; OR=8.79; CI 95%=2.68-28.82), income (p value=0.001; OR=7.92; CI 95%=2.56-24.6), and the availability and affordability of health facilities (nilai p=0,049; OR=3.32; CI 95%=1.01-10.95). Attitude is the dominant variabel. Result of in-depth interviews, known determinants of health behavior; economy, characteristics of a society, infrastructure and access. Health promotion strategies need to be applied as whole to resolve the determinants of households's health behavior.