

Hubungan antara Adverse Childhood Experiences dan Perilaku Promosi Kesehatan pada Mahasiswa Jabodetabek di Masa Pandemi Covid-19 = Relationship between Adverse Childhood Experiences and Health Promoting Behavior in University Student in Jabodetabek during the Covid-19 Pandemic

Nicky Adam Haykhal, author

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Abstrak

Penelitian ini meneliti hubungan antara adverse childhood experiences (ACE) dan perilaku promosi kesehatan pada mahasiswa Jabodetabek di masa pandemi Covid-19. Perilaku promosi kesehatan adalah berbagai tindakan yang secara sadar dilakukan individu untuk meningkatkan kondisi fisik dan mental serta terhindar dari penyakit. Perilaku ini terdiri dari 6 dimensi yaitu aktivitas fisik, nutrisi, tanggung jawab kesehatan, hubungan interpersonal, manajemen stres, dan pertumbuhan spiritual. Adverse childhood experiences (ACE) adalah pengalaman tidak menguntungkan di bawah usia 18 tahun yang berpotensi traumatis. ACE terdiri dari 3 tipe, yaitu kekerasan, pengabaian, dan tantangan rumah tangga. Penelitian ini adalah penelitian kuantitatif dengan metode korelasional. Perilaku promosi kesehatan dan ACE mahasiswa Jabodetabek (N = 170) diukur menggunakan Health Promoting Lifestyle Profile-II (HPLP-II) dan ACE-Questionnaire (ACE-Q). Hasil penelitian menyatakan bahwa tidak ada hubungan antara total keseluruhan skor perilaku promosi kesehatan dan ACE ($r(170) = -,055, > 0,05, \text{two tails}$). Lebih lanjut, terdapat hubungan negatif yang signifikan pada dua dimensi perilaku promosi kesehatan yaitu hubungan interpersonal ($r(170) = -0,181, p < 0,05, \text{two tails}$) dan pertumbuhan spiritual ($r(170) = -0,167, p < 0,05, \text{two tails}$) dengan tipe ACE pengabaian.

.....This study examines the relationship between adverse childhood experiences (ACE) and health promoting behavior in Jabodetabek university students during the Covid-19 pandemic. Health promoting behavior is various actions that are consciously taken by individuals to improve physical and mental conditions and avoid disease. This behavior consists of 6 dimensions, namely physical activity, nutrition, health responsibilities, interpersonal relationships, stress management, and spiritual growth. Adverse childhood experiences (ACE) is a potentially traumatic childhood experiences under the age of 18. ACE consists of 3 types, namely abuse, neglect, and household challenges. This research is a quantitative research with correlational method. Health promoting behavior and ACE in Jabodetabek students (N = 170) were measured using the Health Promoting Lifestyle Profile-II (HPLP-II) and ACE-Questionnaire (ACE-Q). The results of the study generally stated that there was no relationship between the total overall health promoting behavior score and ACE ($r(170) = -0.055, > 0.05, \text{two tails}$). Furthermore, there is a significant negative relationship on two dimensions of health promoting behavior, namely interpersonal relationships ($r(170) = -0.181, p < 0.05, \text{two tails}$) and spiritual growth ($r(170) = -0.167, p < 0.05, \text{two tails}$) with type ACE neglect.