

ABSTRAK

Latar Belakang: Penyakit Tidak Menular (PTM) merupakan penyebab kematian utama di dunia. *The ASEAN University Network-Health Promoting Network (AUN-HPN)* mendorong perguruan tinggi di ASEAN untuk ikut berperan aktif dalam mengendalikan dan mencegah PTM dengan melaksanakan *Health Promoting University (HPU)*. Sebagai salah satu institusi pendidikan kesehatan dibawah Kemenkes yang telah menerapkan program kampus sehat/HPU, Poltekkes Kemenkes Yogyakarta menjadi *Agent of Change* sekaligus *role model* untuk mendukung transformasi SDM Kesehatan dengan mewujudkan perubahan dan menyukseskan kebijakan Program Gerakan Masyarakat Hidup Sehat melalui penerapan perilaku CERDIK (Cek kesehatan secara rutin, Enyahkan asap rokok, Rajin aktivitas fisik, Diet seimbang, Istirahat cukup, dan Kelola Stres. Oleh karena itu, perlu dilakukan kajian terhadap perilaku hidup sehat para pegawai sebagai *role model* dalam program kampus sehat di kehidupan bermasyarakat.

Tujuan: Untuk mengetahui hubungan perilaku CERDIK dengan status tekanan darah, gula darah, dan lingkar perut pegawai dilingkungan kampus kesehatan.

Metode: Jenis penelitian menggunakan analitik observasional dengan desain *cross sectional*. Penelitian dilakukan di Poltekkes Kemenkes Yogyakarta dengan jumlah sampel sebanyak 168 orang pegawai. Teknik pengambilan sampel adalah *convenience sampling*. Pengumpulan data primer menggunakan kuesioner perilaku CERDIK, sedangkan data sekunder terkait pengendalian PTM diperoleh dari hasil pemeriksaan Posbindu PTM (tekanan darah, gula darah dan lingkar perut). Analisis data menggunakan uji *chi square* dan regresi logistik.

Hasil: Sebagian besar responden memiliki perilaku kategori baik pada variabel perilaku Cek kesehatan secara rutin (60,71%), Enyahkan asap rokok (57,14%), Rajin aktivitas fisik (54,17%), Diet seimbang (57,74%), Istirahat cukup (61,31%), dan Kelola stres (55,95%). Secara keseluruhan, sebagian besar responden memiliki perilaku CERDIK kategori Baik (50,60%). Status pengendalian PTM berdasarkan hasil pemeriksaan kesehatan di Posbindu diketahui bahwa mayoritas responden memiliki kategori baik pada status tekanan darah (54,76%), gula darah (80,36%), dan lingkar perut (66,07%). Ada hubungan signifikan antara perilaku enyahkan asap rokok dengan status tekanan darah ($p = 0,003$, OR 2,80, 95% CI 1,43-5,48). Ada hubungan signifikan perilaku rajin aktivitas fisik ($p = 0,001$, OR 4,58, 95% CI 1,90-11,04) dan perilaku kelola stres ($p = 0,042$, OR 2,35, 95% CI 1,03-5,34) dengan status gula darah. Ada hubungan signifikan antara perilaku rajin aktivitas fisik ($p = 0,000$, OR 46,49, 95% CI 13,75-157,18), Diet seimbang ($p = 0,002$, OR 5,24, 95% CI 1,80-15,25), dan perilaku istirahat cukup ($p = 0,024$, OR 3,54, 95% CI 1,18-10,63) dengan status lingkar perut.

Kesimpulan: Pegawai di lingkungan Poltekkes Kemenkes Yogyakarta telah melaksanakan perilaku CERDIK dengan baik pada beberapa indikator perilaku CERDIK, begitu pula pengendalian PTM berdasarkan status tekanan darah, gula darah dan lingkar perut. Namun, pelaksanaan program kampus sehat perlu ditingkatkan melalui sistem dan infrasutruktur, kesadaran dan aksi (partisipasi dan keterlibatan secara aktif), sehingga dapat meningkatkan derajat kesehatan seluruh civitas akademika dilingkungan kampus Poltekkes Kemenkes Yogyakarta.

Kata Kunci: Perilaku CERDIK, Tekanan Darah, Gula Darah, Lingkar Perut, PTM

ABSTRACT

Background: Non-communicable diseases (NCDs) are the main cause of death in the world. The ASEAN University Network-Health Promoting Network (AUN-HPN) encourages universities in ASEAN to actively contribute to the control and prevention of NCDs by implementing the Health Promoting University (HPU) program. As one of the health education institutions under the Ministry of Health that has adopted the healthy campus/HPU program, the Yogyakarta Ministry of Health Polytechnic (Poltekkes Kemenkes Yogyakarta) become an Agent of Change and a role model in supporting the transformation of health human resources by promoting change and ensuring the success of the Healthy Living Community Movement (GERMAS) policy through the implementation of CERDIK behaviors (Routine health check-ups, Avoid cigarette smoke, Regular physical activity, Balanced diet, Adequate rest, and Stress management). Therefore, it is necessary to evaluate the healthy lifestyle behaviors of employees as role models for the healthy campus program within the community.

Objective: To determine the relationship between CERDIK behavior and the status of blood pressure, blood sugar, and abdominal circumference of employees in the health campus environment.

Method: This type of research uses observational analytics with a cross-sectional design. The research was conducted at the Yogyakarta Ministry of Health Polytechnic with a sample size of 168 employees. The sampling technique is convenience sampling. Primary data was collected using the CERDIK behavior questionnaire, while secondary data related to NCDs control was obtained from the results of the Posbindu PTM examination (blood pressure, blood glucose, and abdominal circumference). Data analysis used the chi-square test and logistic regression.

Results: Most respondents displayed good behavior in the following categories: routine health check-ups (60.71%), avoiding cigarette smoke (57.14%), regular physical activity (54.17%), balanced diet (57.74%), adequate rest (61.31%), and stress management (55.95%). Overall, the majority of respondents exhibited good CERDIK behaviors (50.60%). NCD control status based on health examinations at Posbindu revealed that most respondents had good status in blood pressure (54.76%), blood glucose (80.36%), and abdominal circumference (66.07%). There was a significant relationship between avoiding cigarette smoke and blood pressure status ($p = 0.003$, OR 2.80, 95% CI 1.43-5.48). A significant relationship was also found between regular physical activity ($p = 0.001$, OR 4.58, 95% CI 1.90-11.04) and stress management behavior ($p = 0.042$, OR 2.35, 95% CI 1.03-5.34) with blood glucose status. Furthermore, there was a significant relationship between regular physical activity ($p = 0.000$, OR 46.49, 95% CI 13.75-157.18), balanced diet ($p = 0.002$, OR 5.24, 95% CI 1.80-15.25), and adequate rest ($p = 0.024$, OR 3.54, 95% CI 1.18-10.63) with abdominal circumference status.

Conclusion: Employees at the Yogyakarta Ministry of Health Polytechnic have implemented CERDIK behaviors well across several indicators, as well as successfully controlling NCDs based on blood pressure, blood sugar, and abdominal circumference status. However, the implementation of the healthy campus program needs to be enhanced through improved systems and infrastructure, increased awareness, and active participation and engagement, to further improve the health status of the entire academic community at the Yogyakarta Ministry of Health Polytechnic.

Keywords: CERDIK behavior, Blood Pressure, Blood Glucose, Abdominal Circumference, NCDs