



## INTISARI

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### **PERSEPSI MAHASISWA *CLUSTER* KESEHATAN UGM TENTANG *HEALTH PROMOTING UNIVERSITY***

**Latar Belakang:** Promosi kesehatan dengan *setting* universitas merupakan *tools* yang dapat digunakan untuk menciptakan kesehatan dan kesejahteraan, dengan melihat universitas sebagai suatu organisasi sistem sosial yang kompleks.

**Tujuan:** Penelitian ini bertujuan untuk mengeksplorasi dan mengembangkan pemahaman tentang persepsi mahasiswa terhadap *health promoting university*, dengan maksud menggunakan temuan untuk menginformasikan pengembangan program *health promoting university* di Indonesia di masa depan.

**Metode:** Jenis penelitian ini adalah *mixed methods* dengan disain eksplanatori sekuensial, yaitu penelitian kuantitatif ( $n = 92$ ) dilakukan sebelum penelitian kualitatif ( $n = 8$ ). Pengumpulan datanya melalui metode survei dan wawancara mendalam. Sampel penelitian dikumpulkan melalui kuesioner *google form online*.

**Hasil:** Beberapa hal bermanfaat yang menunjang proses akademik adalah gedung kuliah yang aman, ramah lingkungan, mendukung aktivitas fisik (100%) dan memiliki taman-taman fakultas (97,82%). Sementara yang menghambat proses akademik adalah universitas tidak mendukung kesejahteraan mahasiswa dalam hal sistem akademik (27,18%) dan banyak makanan tidak sehat seperti gorengan dijual di kantin (27,17%). Intensi mendukung *health promoting university*, sebesar (100%) tidak akan merokok di kampus dan menegur teman yang merokok di kampus, menjaga kesehatan diri sendiri, memilih membeli makanan sehat, mempromosikan kesehatan dan kesejahteraan orang-orang di universitas, membuang sampah pada tempatnya dan memanfaatkan fasilitas yang telah disediakan kampus. Terdapat hubungan positif antara persepsi mahasiswa *cluster* kesehatan UGM tentang manfaat dengan intensi dukungan terhadap *health promoting university* ( $p < 0,05$ ). Terdapat hubungan negatif antara persepsi mahasiswa *cluster* kesehatan UGM tentang hambatan dengan intensi dukungan terhadap *health promoting university* ( $p < 0,05$ ).

**Kesimpulan:** Persepsi mahasiswa *cluster* kesehatan UGM tentang *health promoting university* membutuhkan perbaikan pada domain hambatan, yaitu kantin tidak mendukung gaya hidup sehat dan sistem akademik tidak mendukung kesejahteraan mahasiswa.

**Kata Kunci:** *health promoting university*, *healthy university*, persepsi, mahasiswa, universitas

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## ABSTRACT

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### HEALTH STUDENTS PERCEPTION IN UGM ABOUT HEALTH PROMOTING UNIVERSITY

**Background:** Health promotion in university settings can be used to create health and wellbeing, by looking at the university as a complex organizational social system.

**Objective:** This study aims to explore and develop understanding of students' perceptions about health promoting university, using findings about the development of a future health promoting university program in Indonesia.

**Method:** This study used mixed methods with sequential explanatory design. Quantitative research (n = 92) has been conducted before qualitative research (n = 8). Data collected through survey methods and in-depth interviews. Research sample were collected through google form online questionnaire.

**Result:** Factors that was very useful to supported academic system were a safe college building, environmentally friendly, supports physical activity (100%) and has faculty gardens (97.82%). While were inhibiting the academic process was the university does not support the students' welfare in academic system (27.18%) and many unhealthy foods such as fried foods sold in canteen (27.17%). The intention of supporting health promoting university (100%) would not smoke on campus and admonish friends who smoke on campus, maintain their own health, choose to buy healthy food, promote the health and wellbeing of people at university, dispose of waste in place and utilize facilities that have been provided by the campus. There was a positive correlation between the perception of health student in UGM about benefits with support intention to health promoting university ( $p < 0.05$ ), while negative correlation was found between the perception of health student in UGM about barriers with support intention to health promoting university ( $p < 0.05$ ).

**Conclusion:** The perception of health students in UGM about health promoting university about the barrier domain need to be improved, including canteen did not support healthy lifestyle and academic system did not support student welfare.

**Keywords:** health promoting university, healthy university, perception, student, university

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