

**PROGRAM STUDI S1 KESEHATAN MASYARAKAT, FAKULTAS KESEHATAN
DAN INFORMATIKA, INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Penelitian, Oktober 2025

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**HUBUNGAN TINGKAT PENGETAHUAN TERHADAP PERILAKU HIDUP
BERSIH DAN SEHAT (PHBS) PADA ANAK KOS DI KOTA PEKANBARU**

xiv + 65 halaman + 5 tabel + 1 skema + 11 lampiran

ABSTRAK

Penerapan praktik hidup sehat di kalangan mahasiswa yang tinggal di asrama sering kali dipengaruhi oleh faktor-faktor seperti pengetahuan, kebiasaan, dan kondisi tempat tinggal. Rendahnya penerapan praktik hidup sehat dapat meningkatkan risiko masalah kesehatan seperti diare, infeksi kulit, dan gangguan lingkungan. Tingkat pengetahuan mahasiswa tentang praktik hidup sehat dianggap berhubungan dengan perilaku harian mereka. Penelitian ini bertujuan untuk menentukan hubungan antara tingkat pengetahuan tentang PHBS di kalangan penghuni asrama di Kota Pekanbaru. Penelitian ini menggunakan desain cross-sectional dan dilakukan di area asrama mahasiswa RT 01/RW 02, Labuh Baru Timur, Payung Sekaki. Data dikumpulkan melalui kuesioner terstruktur ($n = 45$) dan analisis data menggunakan uji chi-square. Hasil menunjukkan adanya hubungan antara tingkat pengetahuan tentang perilaku hidup bersih dan sehat di kalangan penghuni kos di Kota Pekanbaru dengan nilai $p = 0,000 < 0,05$ dan Prevalence Odds Ratio (POR) 87,75. Diharapkan penghuni asrama dapat meningkatkan kesadaran dan tanggung jawab pribadi dalam menjaga lingkungan hidup yang bersih dan sehat.

Kata Kunci : *PHBS, Pengetahuan, Anak Kos, Perilaku Kesehatan*

Daftar Bacaan : 13 (2020-2025)

**PUBLIC HEALTH STUDY PROGRAM, FACULTY OF HEALTH AND
INFORMATICS, STATE PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCE
Research, October 2025**

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**RELATIONSHIP BETWEEN KNOWLEDGE AND CLEAN AND HEALTHY
LIVING BEHAVIOR AMONG BOARDING STUDENTS**

xiv + 65 pages + 5 tables + 1 schemes + 11 appendixes

ABSTRACT

The implementation of healthy living practices among students living in boarding houses is often influenced by factors such as knowledge, habits, and living conditions. Low implementation of healthy living practices can increase the risk of health problems such as diarrhea, skin infections, and environmental disturbances. Students' level of knowledge about healthy living practices is considered to be related to their daily behavior. This study aims to determine the relationship between the level of knowledge about PHBS among boarding house residents in Pekanbaru City. This study used a cross-sectional design and was conducted in the RT01/RW02 student boarding house area, Labuh Baru Timur, Payung Sekaki. Data were collected using a structured questionnaire (n = 45), and data analysis was performed using the chi-square test. The results showed an association between the level of knowledge about clean and healthy living behaviors among boarding house residents in Pekanbaru City, with a p-value of $0.000 < 0.05$ and a Prevalence Odds Ratio (POR) of 87.75. It is hoped that boarding house residents will increase their awareness and personal responsibility for maintaining clean and healthy living environments.

Keywords : *PHBS; Knowledge; Boarding House Children; Health Behavior*

Reference : 13 (2020-2025)