

HUBUNGAN ANTARA PERCEIVED BENEFIT DAN PERILAKU DIET SEHAT REMAJA

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ABSTRAK

Perkembangan remaja terus mengalami perubahan, baik dari segi fisik maupun psikis. Perubahan yang sangat pesat menimbulkan respon tersendiri bagi remaja, berupa tingkah laku yang sangat memperhatikan perubahan bentuk tubuh, memperhatikan berat badan, dan memperhatikan penilaian orang lain terhadap dirinya. Kepedulian remaja tersebut akan mengarah kepada upaya – upaya obsesif menjadi dominan untuk meningkatkan kesehatan dan mengendalikan berat badan dengan cara melakukan diet. Munculnya kondisi, situasi dan perasaan terhadap dirinya dipengaruhi oleh faktor demografis dan psikologisnya (usia, jenis kelamin dan pengetahuan). Faktor tersebut yang nantinya akan meyakinkan remaja mengenai *perceived benefit* terhadap perilaku diet sehat, sehingga ketika pada akhirnya perilaku diet sehat dilakukan maka remaja yakin bahwa perilaku tersebut bermanfaat terhadap kesehatannya. Tujuan penelitian ini adalah untuk mengetahui hubungan antara *perceived benefit* dan perilaku diet sehat remaja.

Penelitian ini merupakan penelitian kuantitatif dengan variabel *perceived benefit* sebagai variabel bebas dan variabel perilaku diet sehat variabel terikat. Populasi penelitian ini adalah remaja SMA Negeri Ambulu laki – laki dan perempuan berusia 17 – 18 tahun. Terdapat 198 siswa – siswi sebagai sampel yang di dapatkan dengan teknik *purposive sampling*. Penelitian ini menggunakan skala *perceived benefit* (13 item, $\alpha = 0,807$) dan skala perilaku diet sehat (40 item, $\alpha = 0,884$), kedua skala tersebut diadaptasi dari penelitian Rosentock dan penelitian Kadiouglu yang dibuat berdasarkan jenis skala *likert*. Analisa data menggunakan perhitungan korelasi *pearson product moment* dengan bantuan *SPSS for Windows versi 25*. Hasil penelitian menunjukkan bahwa ada hubungan antara variabel *perceived benefit* dengan perilaku diet sehat ($r = 0,503$, $p < 0,05$). Artinya semakin positif persepsi remaja mengenai manfaat diet sehat maka semakin tinggi perilaku diet sehatnya. Hal ini menunjukkan bahwa sebagian besar remaja SMA Negeri Ambulu memiliki keyakinan akan manfaat diet sehat dan mengetahui cara membuat pilihan yang tepat dan tidak sembarangan dalam melakukan diet sehat, sehingga remaja dapat menjaga kesehatannya dan mencegah resiko penyakit.

Kata Kunci: Health Belief Model (HBM), Perceived Benefit, Perilaku Diet Sehat, Remaja

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RELATIONSHIP BETWEEN PERCEIVED BENEFITS AND ADOLESCENT HEALTHY DIET BEHAVIOR

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ABSTRAK

Adolescent development continues to experience changes, both physically and psychologically. Changes that are very rapid cause a separate response for adolescents, in the form of behavior that pays close attention to changes in body shape, pays attention to body weight, and pays attention to other people's assessment of him. The concern of these teenagers will lead to obsessive efforts to become dominant to improve health and control weight by dieting. The emergence of conditions, situations and feelings towards himself are influenced by demographic and psychological factors (age, gender and knowledge). These factors will later convince adolescents about the perceived benefits of healthy diet behavior, so that when healthy diet behavior is finally carried out, adolescents believe that this behavior is beneficial to their health. The purpose of this study was to determine the relationship between perceived benefits and healthy diet behavior in adolescents.

This research is a quantitative study with the variable perceived benefit as the independent variable and healthy diet behavior as the dependent variable. The population of this study were adolescents from SMA Negeri Ambulu, boys and girls aged 17-18 years. There were 198 students as samples which were obtained by purposive sampling technique. This study used a perceived benefit scale (13 items, $\alpha = 0.807$) and a healthy diet behavior scale (40 items, $\alpha = 0.884$), both scales were adapted from Rosentock's research and Kadiouglu's research which was made based on a Likert scale type. Data analysis used Pearson product moment correlation calculations with the help of SPSS for Windows version 25. The results showed that there was a relationship between perceived benefit variables and healthy diet behavior ($r = 0.503$, $p < 0.05$). This means that the more positive the adolescent's perception of the benefits of a healthy diet, the higher the healthy diet behavior. This shows that most of the Ambulu State High School teenagers have faith in the benefits of a healthy diet and know how to make the right choices and not carelessly do a healthy diet, so that teenagers can maintain their health and prevent the risk of disease.

Keywords: *Health Belief Model (HBM), Perceived Benefit, Healthy Diet Behavior, Adolescents*

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