

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

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Nanda Ayuningtiyas Eka Putri

Hubungan Perilaku Hidup Bersih Dan Sehat (PHBS) Dengan Indeks Keluarga Sehat (IKS) Di Desa Balung Kidul Kecamatan Balung Kabupaten Jember.

xvii + 49 pages + 15 tabel + 23 lampiran

Latar Belakang: Kesehatan keluarga merupakan indikator krusial pembangunan kesehatan nasional, namun Indeks Keluarga Sehat (IKS) di Indonesia masih rendah. Salah satu faktor utama yang mempengaruhi IKS adalah penerapan Perilaku Hidup Bersih dan Sehat (PHBS) di tingkat rumah tangga. Tujuan: Mengetahui hubungan antara PHBS dengan IKS. **Metode:** Menggunakan desain korelasional dengan pendekatan *cross-sectional*. Populasi sebanyak 316 keluarga dengan ibu balita (0-5 tahun) yang tercatat dalam KK di Desa Balung Kidul, Sampel berjumlah 79 dengan teknik *simple random sampling*. Instrumen berupa kuesioner PHBS dan Formulir Profil Kesehatan Keluarga. Analisis data menggunakan uji *Spearman Rho*. **Hasil:** Mayoritas responden memiliki PHBS sehat (83.5%) dan IKS pra sehat (75%). penelitian menunjukkan bahwa signifikansi $p \text{ (value)} = 0.000 < 0.001$ dan koefisien korelasi (r) = 0,438 yang berarti H_1 dapat diterima dan mengindikasikan hubungan cukup kuat antara kedua variabel, dimana semakin sehat perilaku PHBS, maka semakin tinggi capaian IKS keluarga. **Kesimpulan:** Ada hubungan yang signifikan antara perilaku hidup bersih dan sehat (PHBS) dengan indeks keluarga sehat (IKS) di Desa Balung Kidul Kecamatan Balung Kabupaten Jember. PHBS terbukti berperan penting dalam peningkatan derajat kesehatan keluarga. Meskipun praktik PHBS baik, kemajuan IKS terhambat oleh rendahnya partisipasi JKN dan prevalensi merokok. Intervensi keperawatan harus fokus pada edukasi promotif-preventif, keikutsertaan JKN, dan kampanye rumah bebas rokok untuk mengoptimalkan status kesehatan keluarga.

Kata kunci: Indeks Keluarga Sehat (IKS); Perilaku Hidup Bersih dan Sehat (PHBS); Kesehatan Keluarga, Balung Kidul.

Abstract

MUHAMMADIYAH UNIVERSITY OF JEMBER
S1-NURSING UNDERGRADUATE PROGRAM
FACULTY OF HEALTH SCIENCES

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Nanda Ayuningtiyas Eka Putri

Relationship between Clean and Healthy Living Behavior (PHBS) and Healthy Family Index (IKS) in Balung Kidul Village, Balung District, Jember Regency, 2025.

xvii + 49 pages + 15 tables + 23 attachments

abstract

Background: Family health is a crucial indicator of national health development. However, the Healthy Family Index (IKS) in Indonesia remains low. One of the main factors influencing IKS is the implementation of Clean and Healthy Living Behavior (PHBS) at the household level. **Objective:** To determine the relationship between PHBS and IKS. **Methods:** This research used a correlational design with a cross-sectional approach. The population consisted of 316 families with mothers of children (aged 0–5 years), registered in the Family Card (KK) in Balung Kidul Village. A sample of 79 families was selected using simple random sampling. Instruments included a PHBS questionnaire and the Family Health Profile Form. Data were analyzed using the Spearman Rho test. **Results:** The majority of respondents demonstrated healthy PHBS (83.5%) and pre-healthy IKS status (75%). The study showed a significance value of $p = 0.000 < 0.001$ and a correlation coefficient (r) = 0.438, indicating that the alternative hypothesis (H_1) is accepted. This suggests a moderately strong relationship between the two variables, where healthier PHBS behavior is associated with higher IKS scores. **Conclusion:** There is a significant relationship between Clean and Healthy Living Behavior (PHBS) and the Healthy Family Index (IKS) in Balung Kidul Village, Balung Subdistrict, Jember Regency. PHBS has been proven to play an important role in improving family health status. Although PHBS practices are good, IKS progress is hindered by low JKN participation and smoking prevalence. Nursing interventions should focus on promotive-preventive education, JKN participation, and smoke-free home campaigns to optimize family health status.

Keywords: Clean and Healthy Living Behavior (PHBS); Healthy Family Index (IKS); Family Health; Balung Kidul.