

ABSTRAK

Rizkia Awit Herliana (2014). Perbedaan Pendidikan Pola Hidup Sehat Anak Usia Sekolah Desa Adat Cireundeu Dan Desa Cipageran Di Kota Cimahi. Studi deskriptif terhadap anak usia 6-12 tahun. Program studi pendidikan jasmani kesehatan dan rekreasi (PJKR). FPOK – UPI. Pembimbing I : Dra. Lilis Komariyah, M.Pd Pembimbing II : Dra. Oom Rohmah, M.Pd

Penelitian yang berlatar belakang tentang pendidikan pola hidup sehat di desa adat dan desa cipageran dimana kehidupan masyarakat yang sedikit berbeda dikedua desa. Desa cireundeu masih terdapatarganya yang memegang erat adat dan kebiasaan leluhur, peneliti ingin melihat apakah perbedaan tersebut terdapat dalam cara orang tua mendidik pola hidup sehat putra-putrinya di tengah kebiasaan dan adat istiadat setempat. Rumusan masalah penelitian ini yaitu “Adakah Perbedaan Pendidikan Pola Hidup Sehat Anak Usia Sekolah Desa Adat Cireundeu dan Desa Cipageran Di Kota Cimahi”. Tujuan penelitian ini adalah untuk melihat perbedaan pendidikan pola hidup sehat masyarakat adat cireundeu dan desa cipageran. Metode penelitian ini adalah metode penelitian deskriptif . Sampel penelitian ini sebanyak 15 pasang orang tua dan anak usia sekolah di Desa Adat Cireundeu dan Desa Cipageran di Kota Cimahi. Teknik pengumpulan data penelitian ini menggunakan angket dan observasi . Hasil penelitian menunjukkan bahwa terdapat perbedaan pendidikan pola hidup sehat di Desa Adat Cireundeu dan Desa Cipageran, karena memiliki kekhasan masing-masing dengan adat dan kebiasaan yang masih dipegang teguh. Dengan demikian dapat disimpulkan bahwa terdapat perbedaan pendidikan pola hidup sehat desa adat cireundeu dan desa cipageran dikota cimahi.

Kata kunci : Pendidikan Pola Hidup Sehat, Anak Usia Sekolah.

ABSTRACT

Rizkia Awit Herliana (2014). Differences Healthy Lifestyle Education of School-Age Cireundeu indigenous Village And Cipageran village In Cimahi. Descriptive study of children age 6 -12 years. Health physical education courses and recreation (PJKR). FPOK - UPI. Supervisor I: Dra. Lilis Komariyah,M.Pd, Supervisor II: Dra. Oom Rohmah, MPd

The research Background on healthy lifestyle education in Cireundeu indigenous village and cipageran village where people's lives are a little different in both villages. Cireundeu village there are citizens who hold fast to the ancestral customs and habits, the researchers wanted to investigate and identify differences in how parents educate a healthy lifestyle for their children in the middle of the local customs and habits. The research problems of this study "are there any differences Healthy Lifestyle Education School Age between Cireundeu indigenous Village and Cipageran Village In Cimahi". The aim of this study is to investigate and identify the difference in the education of healthy lifestyles of peoples Cireundeu Indigenous village and cipageran village. The method of this study is descriptive research method. the sample of this study consisted of 15 pairs of parents and children of school age in the Cireundeu indigenous village and Cipageran village in Cimahi. The data collection techniques of this study using questionnaires and observation. The results showed that there are differences in healthy lifestyle education in Cireundeu Indigenous Village and Cipageran Village, because each citizens has a specific customs and habits who still hold fast to the ancestral customs and habits. In conclusion, the study argues that there are differences in healthy lifestyle education of school-age Cireundeu indigenous village and Cipageran village in Cimahi

Keywords: Healthy Lifestyle Education, School-age.