

ABSTRAK

Taufik Rachman Setiawan, **1102818,** **Program**
Studi Pendidikan Jasmani Kesehatan dan Rekreasi, **Judul:**
Perbandingan Perilaku Hidup Sehat Antara Siswa Perkotaan dan Pedesaan
(Pada Siswa Kelas XI SMA Negeri 10 Bandung dan Siswa Kelas XI SMA Negeri 17
Garut), Pembimbing I Drs. Mudjihartono, M.Pd. Pembimbing II dr.
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Tujuan penelitian ini untuk mengetahui apakah terdapat perbedaan perilaku hidup sehat antara siswa perkotaan dan pedesaan. Metode penelitian yang digunakan adalah metode kuantitatif *ex post facto*. Teknik pengambilan sampel dalam penelitian ini adalah *Proportionate Stratified Random Sampling*. Sampel yang diambil adalah dua kelompok yaitu siswa kelas XI SMAN 10 Bandung yang merupakan siswa perkotaan dengan jumlah 181 orang dan siswa kelas XI SMAN 17 Garut yang merupakan siswa pedesaan dengan jumlah 160 orang. Instrumen yang digunakan adalah instrumen perilaku hidup sehat dalam bentuk angket dengan menggunakan Skala *Likert*. Berdasarkan uji validitas, angket yang valid sebanyak 26 butir pernyataan dari 40 butir pernyataan. Hasil uji reliabilitas diperoleh hasil 0,876 dan masuk dalam kriteria reliabel. Hasil dari pengolahan dan analisis data diperoleh skor siswa perkotaan sebesar 13905 dari skor maksimal 18824 setelah dipersentase hasilnya adalah 73,87%. Dan skor siswa pedesaan sebesar 11707 dari skor maksimal 16640 setelah dipersentase hasilnya adalah 70,35%. Hasil tersebut diperkuat oleh uji hipotesis dengan menggunakan uji-t dua pihak atau t-Test: Two-Sample Assuming Unequal Variances pada Microsoft Excel 2010 dimana nilai t_{hitung} (4,953) $> t_{tabel}$ (1,960) maka H_0 ditolak. Dengan demikian dapat disimpulkan bahwa terdapat perbedaan yang signifikan antara perilaku hidup sehat siswa perkotaan dan pedesaan (pada siswa kelas XI SMAN 10 Bandung dan siswa kelas XI SMAN 17 Garut).

Kata Kunci: Perilaku Hidup Sehat, Pedesaan, Perkotaan

ABSTRACT

TaufikRachmanSetiawan, Student's number 1102818, Physical Education Study Program, Research Title: A comparison of Healthy behavior between Urban and Rural Students (eleventh grade students of SMAN 10 Bandung and eleventh grade students of SMAN Garut 17), This research is supervised by Supervisor I Drs. Mudjihartono, M.Pd. Supervisor II dr. IkbalGentarAlam, M.Kes.

The purpose of this research was to determine whether there were differences in healthy behavior between urban and rural students. The research method was causal comparative method or ex post facto. The sampling technique in this research was Proportionate Stratified Random Sampling. The sample was divided into two groups, eleventh grade students of SMAN 10 Bandung which were urban students with a total of 181 students and eleventh grade students of SMAN Garut 17 which was rural students with a total of 160 students. The instrument used was an instrument of healthy behavior in the form of a questionnaire using Likert Scale. Based on test validity, valid questionnaires were 26-point question of a 40-point question. The result of reliability test was 0,876 and included in reliable criteria. Results of the data processing and analysis of urban students, it was obtained a score of 13.905 on a maximum score of 18.824, after being percentage the result was 73.87%. The scores of rural students were 11707 from 16640 maximum score, after being percentage the result was 70.35%. These results were reinforced by testing the hypothesis using t-test two parties or t-Test: Two-Sample Assuming Unequal Variances in Microsoft Excel 2010 where $t_{count}(4.953) > t_{table}(1.960)$ then H_0 was rejected. It can be concluded that there were significant differences between healthy behavior of urban and rural students (eleventh grade students of SMAN 10 Bandung and eleventh grade students of SMAN Garut 17).

Keywords: Healthy behavior, Rural, Urban