

GAMBARAN GAYA HIDUP SEHAT PADA REMAJA PENGGEMAR *K-POP* DI SMP NURUL IMAN

Novi Vebianti¹, Endang Triyanto², Annas Sumeru²

ABSTRAK

Latar Belakang : Budaya Korea Selatan saat ini berkembang dengan pesat dan menyebarkan budayanya ke dunia internasional. Budaya yang disebarkan oleh Korea Selatan itu ada berbagai macam mulai dari film, drama, *fashion*, *make up*, gaya hidup, lagu dan lain-lain. Datangnya budaya Korea di Indonesia dapat memengaruhi dan merubah gaya hidup penggemar *K-pop*. *K-pop* tentu saja dapat memengaruhi gaya hidup sehat para penggemarnya yang mayoritas adalah remaja.

Metodologi : Penelitian deskriptif kuantitatif dengan pendekatan *cross sectional*. Jumlah sampel 51 remaja penggemar *k-pop* di SMP Nurul Iman dengan teknik *total sampling*. Instrumen penelitian menggunakan kuesioner. Analisis data secara univariat dengan distribusi frekuensi.

Hasil Penelitian : Seluruh responden berusia 12-16 tahun, jenis kelamin responden mayoritas adalah perempuan (84.3%), uang saku perbulan <200 ribu (62.7%), dan mereka sudah bergabung atau menyukai *k-pop* selama 1 tahun lebih (56.9%). Seluruh responden penelitian ini telah menerapkan komponen gaya hidup sehat dengan baik dilihat dari hasil persentase tiap komponen dengan nilai tinggi yaitu pertumbuhan spiritual, hubungan interpersonal, manajemen stres, pola eliminasi, seksualitas, dan promosi kesehatan. Hasil presentase nilai sedang yaitu aktivitas fisik, pola makan bernutrisi dan pola istirahat tidur. Hasil presentase nilai rendah terdapat pada pola makan bernutrisi (5.9%), pertumbuhan spiritual (5.9%), manajemen stress (2.0%), pola istirahat tidur (7.8%), seksualitas (5.9%), dan promosi kesehatan (3.9%)

Kesimpulan : Remaja penggemar *k-pop* di SMP Nurul Iman memiliki gaya hidup sehat yang sedang.

Kata Kunci : Gaya Hidup Sehat, *K-Pop*, *Korean Wave*, Remaja.

¹Mahasiswa Jurusan Keperawatan FIKes Universitas Jenderal Soedirman

²Departemen Keperawatan FIKes Universitas Jenderal Soedirman

OVERVIEW OF HEALTHY LIFESTYLES OF TEENAGERS K-POP FAN AT NURUL IMAN JUNIOR HIGH SCHOOL

Novi Vebianti¹, Endang Triyanto², Annas Sumeru²

ABSTRACT

Background : South Korean culture is currently growing rapidly and spreading its culture to the international world. There are various kinds of culture spread by South Korea, ranging from films, dramas, fashion, make-up, lifestyle, songs and others. The arrival of Korean culture in Indonesia can influence and change the lifestyle of K-pop fans. K-pop can affect the healthy lifestyle of their fans, the majority of whom are teenagers.

Methodology : Quantitative descriptive research with cross sectional approach. Total sample of 51 teenager k-pop fan at Nurul Iman Junior High School with total sampling technique. The research instrument used a questionnaire. Analysis of data using univariate analysis.

Research result : All respondents are 12-16 years old, the gender of the majority of respondents is female (84.3%), monthly allowance <200 thousand (62.7%), and they have liked k-pop for >1 year (56.9%). All respondents have implemented the components of a healthy lifestyle well seen from the results of the percentage of each component with high scores are spiritual growth, interpersonal relationships, stress management, elimination patterns, sexuality, and health promotion. The results of mediums scores percentage are physical activity, nutritious eating patterns and sleep rest patterns. The results of the low percentage values were found in a nutritious diet (5.9%), spiritual growth (5.9%), stress management (2.0%), sleep rest patterns (7.8%), sexuality (5.9%), and health promotion (3.9%).

Conclusion : Teenagers k-pop fan at Nurul Iman Junior High School has a medium healthy lifestyles.

Keywords : Healthy lifestyles, Teenagers, Korean Wave, K-Pop.

¹Nursing Student Faculty of Health Sciences, Jenderal Soedirman University

²Nursing Department Faculty of Health Sciences, Jenderal Soedirman University