

**HUBUNGAN EFIKASI DIRI DAN MOTIVASI DENGAN PERILAKU
HIDUP SEHAT MAHASISWA PROFESI NERS UNIVERSITAS
JENDERAL SOEDIRMAN**

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ABSTRAK

Latar Belakang : Perawat memiliki peran melakukan promosi kesehatan yang berkaitan dengan penerapan perilaku hidup sehat. Mahasiswa keperawatan sebagai generasi penerus perawat juga harus memiliki perilaku hidup sehat yang baik karena perawat sering dijadikan role model bagi masyarakat. Perilaku hidup sehat dapat dipengaruhi oleh efikasi diri dan motivasi.

Metodologi : Penelitian korelasi dengan desain *cross sectional*. Jumlah sampel 79 mahasiswa melalui teknik *total sampling*. Instrumen penelitian menggunakan kuesioner. Analisis data menggunakan analisis univariat dan bivariat. Analisis bivariat menggunakan uji *Pearson*.

Hasil Penelitian : Semua responden berusia 20-40 tahun (100 %) dan jenis kelamin responden mayoritas berjenis kelamin perempuan (81 %). Skor efikasi diri nilai mean 71,03 dengan SD 19,295, skor motivasi dengan mean 53,564 dan SD 4,163, skor perilaku hidup sehat dengan mean 136,52 dan SD 20,869. Hasil uji statistik menunjukkan hasil efikasi diri dengan perilaku hidup sehat ($p=0,000$, $r=0,781$) dan antara motivasi dengan perilaku hidup sehat ($p=0,045$, $r=0,227$).

Kesimpulan : Efikasi diri dan motivasi memiliki hubungan yang signifikan dengan perilaku hidup mahasiswa profesi Ners Universitas Jenderal Soedirman

Kata Kunci : Efikasi diri, motivasi, perilaku hidup sehat.

**THE RELATION BETWEEN SELF-EFFICACY AND MOTIVATION
WITH NURSING STUDENT'S HEALTHY LIFESTYLE IN
JENDERAL SOEDIRMAN UNIVERSITY**

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ABSTRACT

Background : The role nurses have as health promoters correlates with the practice of healthy lifestyle. The nursing students as the next generation of nurses also need to have an excellent healthy lifestyle because oftentimes nurses are used as the community role models. Healthy lifestyle is suggestible by self-efficacy and motivation.

Methodology : Correlational research with cross sectional design. The sum of the sample of 79 students obtained through total sampling technique. The research instrument used is questionnaire. Data analysis used is univariate and bivariate analysis. The bivariate analysis used Pearson correlation.

Research outcome : All of the respondents are aged 20-40 years old (100%) and the majority of the sex is female (81%). Self-efficacy has an average score of 71,03 with a standard deviation 19,295, motivation has an average score of 53,564 and standard deviation of 4,163, including healthy lifestyle has an average score 136,52 and standard deviation of 20,869. The outcome of statistical test shows that the resulting correlation between self-efficacy and healthy lifestyle ($p=0,000$, $r=0,781$), along with the correlation between motivation and healthy lifestyle ($p=0,045$, $r=0,227$).

Conclusion : Self-efficacy and motivation have a significant relation with the lifestyle of nursing students from Jenderal Soedirman University.

Keywords : Self-efficacy, motivation, healthy lifestyle.