

## **Hubungan Antara Dukungan Orangtua dan Perilaku Sehat pada Anak Sekolah Dasar**

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### **INTISARI**

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan orangtua dan perilaku sehat pada anak sekolah dasar. Hipotesis yang diajukan dalam penelitian ini adalah, terdapat hubungan positif antara dukungan orangtua dengan perilaku sehat pada anak sekolah dasar, dimana semakin tinggi dukungan orangtua semakin tinggi pula perilaku sehat pada anak sekolah dasar, begitu pula sebaliknya. Responden dalam penelitian ini adalah 135 siswa-siswi Sekolah Dasar Negeri 1 Kentungan, Yogyakarta.

Penelitian ini menggunakan dua skala, yakni: (a) skala dukungan orangtua (27 aitem) yang mengacu pada aspek dari Sarafino (2002) dengan  $\alpha = 0.890$ , (b) Skala perilaku sehat (21 aitem) disusun sendiri mengacu pada aspek dari Notoatmodjo (2002) dengan  $\alpha = 0.812$ .

Hasil uji korelasional menggunakan teknik korelasi *product moment* dari *Pearson* menunjukkan terdapat hubungan antara dukungan orangtua dengan perilaku sehat pada anak sekolah dasar ( $R = 0,288$ ;  $p = 0,01$ ;  $p < 0,01$ ).

**Kata Kunci:** dukungan sosial orangtua, perilaku sehat, anak sekolah dasar

***THE RELATIONSHIP BETWEEN PARENTAL SUPPORT WITH HEALTH  
BEHAVIOR AMONG SCHOOL AGE CHILDREN***

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***ABSTRACT***

*The aim of this present study was to empirically investigate the relationship between social support from parents and health behavior among school age children. The hypothesis of this study is, there is a positive relationship between social support from parents with health behavior among school age children. School age children (N = 135) grade 1, 2 and 3 completed the study measures.*

*The present study used two scales. (a) Health behavior scale (21 items) constructed with the aspects from Notoatmodjo (2010), (b) Social support from parents (27 items) constructed with the aspects from Sarafino (2002).*

*The results showed that there is a positive relation between social support from parents with health behavior ( $r = 0,288$ ) with level of significant 0.001 ( $p < 0.005$ ). There is also a positive relation between social support from parents with health behavior in girls participant ( $r = 0,128$  with level of significant 0.001;  $p < 0,005$ ), in 7 years old participants ( $r = 3,92$  with level of significant 0.002;  $p < 0,005$ ) and in 8 years old participants ( $r = 0,461$  with level of significant 0,001;  $p < 0,005$ ). In contrast with the prediction, there is no positive relationship between social support from parents with health behavior in boys participants and 9 years old participants.*

***Keyword: health behavior, social support from parents, school age children***