

## ABSTRAK

PHBS merupakan perilaku hidup bersih dan sehat berupa cerminan pola hidup keluarga yang senantiasa memperhatikan dan menjaga kesehatan yang dilakukan atas kesadaran sehingga anggota keluarga atau keluarga dapat menolong dirinya sendiri di bidang kesehatan dan dapat berperan aktif dalam kegiatan-kegiatan kesehatan. Berdasarkan kementerian kesehatan presentasi perilaku PHBS sebesar 60,89%. Sementara laporan dinkes kota Denpasar menunjukkan 1770 rumah tangga belum menerapkan PHBS. Penelitian ini bertujuan untuk menganalisis hubungan pengetahuan ibu terhadap pelaksanaan perilaku hidup bersih dan sehat (PHBS) rumah tangga di Asrama Sudirman Denpasar.

Penelitian ini merupakan penelitian kuantitatif yang menggunakan desain analitik kuantitatif. Jumlah sampel dalam penelitian ini adalah 96 orang dipilih dengan menggunakan teknik *nonprobability sampling* yaitu *purposive sampling*. Teknik pengumpulan data menggunakan kuisioner.

Berdasarkan hasil penelitian ini, sebagian besar responden memiliki tingkat pengetahuan yang kurang sebanyak 55 responden (57,3%), sebagian besar responden memiliki perilaku PHBS tidak sehat sebanyak 51 responden (53,1%). Ada hubungan signifikan antara Tingkat pengetahuan dan perilaku PHBS dengan nilai ( $p= 0,005$ ).

Kesimpulan adanya hubungan yang signifikan antara Tingkat pengetahuan dan hubungan perilaku PHBS di Asrama Sudirman Denpasar. Berdasarkan hal tersebut diharapkan tenaga Kesehatan yang bertugas di Puskesmas Denpasar Barat II tetap mengupayakan edukasi kepada keluarga agar tetap memberikan dukungan kepada keluarga terkait PHBS

**Kata Kunci :** Ibu rumah tangga, PHBS, Tingkat Pengetahuan.

## **ABSTRACT**

*PHBS is a clean and healthy living behavior in the form of a reflection of a family lifestyle that always pays attention to and maintains health carried out on awareness so that family members or families can help themselves in the health sector and can play an active role in health activities. Based on the Ministry of Health, the presentation of PHBS behavior was 60.89%. Meanwhile, a report from the Denpasar city health office shows that 1770 households have not implemented PHBS. This study aims to analyze the relationship between maternal knowledge and the implementation of household clean and healthy living behaviors (PHBS) in the Sudirman Dormitory Denpasar.*

*This study is a quantitative research that uses a quantitative analytical design. The number of samples in this study was 96 people selected using the nonprobability sampling technique, namely purposive sampling. The data collection technique uses questionnaires.*

*Based on the results of this study, most of the respondents had a low level of knowledge as many as 55 respondents (57.3%), most of the respondents had unhealthy PHBS behavior as many as 51 respondents (53.1%). There was a significant relationship between the level of knowledge and behavior of PHBS with a value ( $p= 0.005$ ).*

*The conclusion of the relationship is that there is a significant relationship between the level of knowledge and the relationship of PHBS behavior in the Sudirman Dormitory Denpasar. Based on this, it is hoped that nurses and health workers who are on duty at the West Denpasar II Health Center will maintain education to families so that they can continue to provide support to families related to PHBS*

**Keywords:** *Housewives, PHBS, Knowledge Level.*