

Analisis Hubungan Faktor Demografi Dan Literasi Kesehatan Dengan Health Responsibility Pada Penduduk Dewasa di Wilayah Sumatra Tahun 2025

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Abstrak

<div style="text-align: justify;">Tantangan kesehatan di Indonesia, terutama wilayah Sumatra masih cukup kompleks. Prevalensi keluhan kesehatan masih tinggi, namun belum ada penelitian yang secara khusus menganalisis hubungan antara faktor demografi, literasi kesehatan dan perilaku sehat promotif dimensi health responsibility pada penduduk dewasa di Sumatra. Penelitian ini bertujuan untuk menganalisis hubungan antara faktor demografi (jenis kelamin, kelompok usia, pendidikan, pekerjaan, pendapatan, status nikah, asuransi) dan literasi kesehatan umum dengan Perilaku Sehat Promotif Individu Dimensi Promotif (Health Responsibility) pada penduduk dewasa di wilayah Sumatra. Penelitian ini merupakan penelitian kuantitatif dengan menggunakan data sekunder dari Survey Literasi Kesehatan Kementerian Kesehatan 2025. Desain penelitian yang digunakan merupakan penelitian potong lintang (cross- sectional). Instrumen yang digunakan berstandar internasional yang telah teruji validitas dan reliabilitasnya. Yaitu digunakan Health Promoting Lifestyle Profile II pada dimensi promotif (health responsibility). Hasil penelitian ini menunjukkan score item health responsibility memiliki rata- rata 1,83 yang mengindikasikan bahwa perilaku tanggung jawab kesehatan responden masih tergolong sedang rendah. Hasil analisis regresi linier berganda menunjukkan literasi kesehatan, jenis kelamin, kelompok usia, pendidikan lebih dari SMA, serta kepemilikan BPJS aktif/asuransi lain berhubungan signifikan dengan health responsibility setelah dikontrol oleh variabel lain dalam model. Variabel paling dominan berdasarkan nilai standardized coefficient (Beta) adalah literasi kesehatan. Oleh karena itu, diperlukan penguatan literasi kesehatan dengan health responsibility dan monitoringnya dengan berbagai pihak terkait.</div><hr /><div style="text-align: justify;">Health challenges in Indonesia, particularly in the Sumatra region, remain quite complex. The prevalence of health complaints remains high; however, no research has specifically analyzed the relationship between demographic factors, health literacy, and health-promoting behaviors (specifically the "health responsibility" dimension) among the adult population in Sumatra. This study aims to analyze the relationship between demographic factors (gender, age group, education, occupation, income, marital status, and insurance coverage) and general health literacy with individual health-promoting behaviors, specifically the "health responsibility" dimension, among adults in the Sumatra region. This study employs a quantitative approach utilizing secondary data derived from the Ministry of Health's 2025 Health Literacy Survey. The research design adopted is a cross-sectional study. The instruments utilized are internationally standardized tools that have undergone rigorous validity and reliability testing; specifically, the Health Promoting Lifestyle Profile II was employed to assess the "health responsibility" dimension. The results of this study show an average score of 1,83 for the health responsibility item, indicating that the respondents’ health responsibility behavior is still classified as relatively low. The results of multiple linear regression analysis show that health literacy, gender, age group, education above high school, and active BPJS/ other insurance ownership are significantly associated with health responsibility after being controlled for by other variables in the model. The most dominant variable based on the standardized

coefficient (Beta) value is health literacy. Therefore, it is necessary to strengthen health literacy with health responsibility and monitor it with various related parties.</div>