

ABSTRACT

BEHAVIOR HEALTHY LIVING (Studies of FISIP Lampung University class of 2011)

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This research to know and explain how healthy behavior and constraints behave in a healthy life among college students and measured on a healthy lifestyle. This type of research is using qualitative descriptive study using art primary data obtained from in-depth interviews with informants. Informants in this research of 10 people of students FISIP Unila class of 2011. The Data analyzed using data reduction, data presentation conclusion. Based on research by the obtained results that the health behavior of students is still minimal measure of structuring healthy lifestyle that is visible from the existing indicators, patterns of personal hygiene, food and drink . refreshing and take a rest, and patterns of exercise and sport. In healthy life students behave constraints to behave in a healthy life that students are less able to understand in a healthy lifestyle, less able to manage time with good, less attention to patterns of healthy food and health drink, life behave almost instantaneous, less of sleep because of the many hours time-consuming task that often sleep late at night. With the lack of students in healthy living and behaviors behave almost instantaneous believed to have become the biggest contributor to aggravate human health. Most of the people who lived at this time trying to find something easy and almost instantaneous. But many people do not realize that their behavior shift more easily be considered to have an impact on health.

Keywords : Healthy behaviors , healthy lifestyle