



Original Article

Analysis In Jambi University Health Cluster Student's Perception On Health Promoting University

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ABSTRACT

Background : Health promoting university is a comprehensive health approach by using universities as a place to create a learning environment that can improve health and well-being in a sustainable manner for academic community, the purpose of this study is to provide an overview related to the perception of jambi university health cluster student to health promoting university.

Methods: This research was quantitative research with cross sectional design research. Sampling techniques using purposive sampling. The population in this study was students of faculty of medicine and health sciences of year 2018 and year 2019.

Result: The results showed a significant association between students perception of the benefit of health promoting university and the intention of supporting the health promoting university ($p=0,000$) and there was also a significant relationship between students perception of the barriers to health promoting university and the intention of supporting the health promoting university ($p=0,011$).

Conclusion: This shows that according to Jambi University Health Cluster students, the perception of benefit and perception of barriers on health promoting university is required in order to embody the policies related to health promoting university program.

INTRODUCTION

University is the place for academicians to spend most of their time. A good physical, mental, and psychology condition are necessary in study and research process, including volunteer activity in society and increasing the productivity of academicians themselves. University as one of the education centre holds important role in national development

to make academicians with great quality to compete in international world. In order to make this role happens, health aspect becoming the important issue to create a healthy campus environment. The role and support of authority at campus are another important aspect to implement health promoting as a strategy to reach optimum health condition at campus.¹

Health promoting strategy based on campus is a necessary aspect for academicians to improve health condition and build a health life style. Some universities have facilitate some efforts to create a better health condition at campus environment. But, only a few universities adopt the concept of Health Promoting University (HPU) as approachment to health university.²

The perception of health promoting university can be explain in health behaviour theory, that is Health Belief Model (HBM) theory, that give a deeper understanding of health promoting university. The difference of each people's perception is affected by knowledge, social demography, and social economi condition. These perception indirectly influence individual's behaviour regarding health condition.³

Research result of Hikmawati (2018) conclude that facility and services at campus can support a health life style and improve the quality of study that influence student's health condition.⁴ According to research result Almutairi, et al (2018), the lack of obedient and knowledge regarding healthy life style make the majority of student in Saudi Arabia developing bad eating behaviour and physical activity.⁵ Another research result from Hapsari, et. Al (2020) mention that level of knowledge is the one factor influences the condition of a healthy canteen, a good canteen condition will improve the quality of academicians's health condition in creating a better growth and development.⁶ Therefore, individual's perception can be used as basic information for university to improve curriculum, facility, and health life style that actually support the activity of academicians.

Jambi University is one of a university in Indonesia, according to Jambi University statistic data in 2019, there are 34.494 active students in total, with the amount of lecturer around 1.099, and educational staff consists of 469 persons. Jambi University provides variants campus facility to support any kind of activity in university environment. Based on the research of Kalsum (2020), the amount of

fatality number of lecturer in Jambi University is 25 persons (2,5%). Main cause of death among lecturer is non contagious disease (96%), especially Diabetes Mellitus (28%), heart attack, hipertention, heart cancer, and aut imun disease.⁷ Based on the observation in Jambi University, there are some canteens that lack in providing healthy food such as vegetables and fruits. Viewed from physical activity, there is no programme that measure integrated body fitness, and can be said that not all academicians are taking parts in sport activity.

In effort of smoking control, only a few places that actually implement No Smoking Area. In addition, there are some facilitation that have not meet the the standart to support access for person with disability. Therefore, the expantion of Health Promoting University is necessary to be implemented in Jambi University, in order to make a healthier environment at campus.

This research is make based on cluster that focus on similar thing. In this research, the cluster is dividen into two, that are health cluster and non-health cluster. Non-health cluster are consist of Law Faculty, Technology and Science Faculty, Education and Teachership Faculty, Animal Husbandry Faculty, Economic Faculty, and Agriculture Faculty. While, health cluster is Medical and Health Faculty, consists of medical study programme, psychology, nursery, society health, and pharmacy. Health cluster is the place where health culture is supposed to be applied most, health cluster in Jambi University then becoming initial model to implement Health Promoting University in order to support a better life style at campus environment and eventually can give a broader impact.

Based on the above explanation, it is necessary to obtain further research in understanding the perception of health cluster student regarding Health Promoting University. This study aims to determine the perceptions of Jambi University Health Cluster students about the meaning and concept of the benefits, barriers and

behavioral intentions of Health Promoting University, the relationship between the perceptions of Jambi University Health Cluster students about the benefits of Health Promoting University with health behavior intentions towards Health Promoting University support and the relationship between the perceptions of Jambi University Health Cluster students about Health Promoting University barriers with health behavior intentions towards Health Promoting University support.

METHOD

This research is using quantitative research method with cross sectional research design. Research population is health cluster student bachelor program at Jambi University. Sample collecting method is proportional random sampling. The criteria of sample are 1) Students who are pursuing undergraduate education 2) Jambi University Health Cluster students who are still active 3) students years 2018 and 2019 of the Medicine, Nursing, Public Health Science, Psychology, and Pharmacy study programs. The exclusion criteria is health cluster student focusing on health promotion in public health at Universitas Jambi. Based on inclusion and exclusion criteria that have been set, obtained 92 sample of health students.

This research dependent variable is health intention behavior towards supporting Health Promoting University. Research independent variable are health student's perception on the obstacle of Health Promoting University and the benefit of Health Promoting University. The instrument being used is questionnaire that spreaded online through google form. The questionnaire was used to see the perceptions of UNJA health cluster students about the benefits and obstacles of implementing a health promoting university. Researchers refer to the questionnaire of previous research results that have been tested for validity and reliability by Zainab Hikmawati (2018), whose instruments were developed from questions on the health promoting university instrument by Davies & Hall (2011).⁴ The data analysis is done in univariat and bivariat. These datas are analyzed using Chi-Square Test.

RESULT

Respondent General Description Based on Respondent's Characteristic

Sample being used in this research are 92 health students. General description of frequency distribution according to respondent's characteristic getting result as Table 1.

Table 1. Respondent Characteristic

| Characteristics | f | % |
|-----------------------------|----|------|
| Gender | | |
| Male | 21 | 22,8 |
| Female | 71 | 77,2 |
| Age/years | | |
| 18 | 5 | 5,4 |
| 19 | 34 | 37,0 |
| 20 | 45 | 48,9 |
| 21 | 8 | 8,7 |
| Study Program | | |
| Pharmacy Study Program | 11 | 12,0 |
| Public Health Study Program | 32 | 34,8 |
| Medical Study Program | 25 | 27,2 |
| Nursing Study Program | 13 | 14,1 |
| Psychology Study Program | 11 | 12,0 |

Based on Table 1, majority of the respondents are female, 71 persons (77,2%), whereas male respondents are 21 persons (22,8%) in total. Based on age characteristic, highest percentage is aged 20 year with 45 persons in total (48,9%). Other than that, based on study program, majority of the respondents are focusing on health science study program, 32 persons (34,8%) in total.

Respondent General Description According to Research Variable

According Table 2, median or median benefit HPU perception is 13.2249 with variation 95.500. median obstacle HPU is 6.4873 with variation 26.000, while median support intention on HPU is 4.61166 with variation 48.0000.

Table 2. Respondent Distribution Based on the perception of HPU Benefits, and HPU Support Intention

| | Min-Max | Mean | SD | Median |
|-------------------------|------------|--------|--------|---------|
| HPU Benefit Perception | 53,0-110,0 | 93,620 | 95,500 | 13,3349 |
| HPU Obstacle Perception | 10,0-45,0 | 25,620 | 26,000 | 6,4873 |
| HPU Support Intention | 35,0-52,0 | 46,750 | 48,000 | 4,6116 |

Relations Between HPU Benefit Perception with HPU Support Intention on Health Cluster Student UNJA

According to table 3, shown that the percentage of low HPU benefit perception is higher than intention to support HPU, compared to high HPU benefit perception.

Whereas, low benefit perception probability is 3.5 times to not give intention to support HPU instead of high benefit perception (PR:3,50 95%CI:1,976-6,200). There is a significant relations between HPU benefit perception and intention to support HPU with value of p=0,000 (p<0,5).

Table 3. Relations Between HPU Benefit Perception with Intention to Support HPU

| Variable | Intention to Support HPU | | | | PR (95% CI) | P-Value |
|------------------------|--------------------------|-----|------|------|---------------|---------|
| | Low | | High | | | |
| | n | % | n | % | | |
| HPU Benefit Perception | | | | | | |
| Low | 5 | 6,1 | 1 | 23,9 | 3,50 | 0,000* |
| High | 0 | 1,7 | 6 | 78,3 | (1,976-6,200) | |

Relations Between HPU Obstacle with Intention to Support HPU On Health Cluster Student UNJA

Based on table 4, there is a significant realtions between HPU obstacle perception with the intention to support HPU, that is p= 0,011 (p<0,05). The table above

shown that the proportion of high HPU obstacle perception is higher than the intention to support HPU , compared to low HPU obstacle perception, where obstacle perception is protective towards intention to support HPU (PR: 0,538 95%CI: 0,333-0,869).

Table 3. Relations Between HPU Benefit Perception with Intention to Support HPU

| Variable | Intention to Support HPU | | | | PR (95% CI) | P-Value |
|---------------------|--------------------------|------|------|------|---------------|---------|
| | Low | | High | | | |
| | n | % | n | % | | |
| Obstacle Perception | | | | | | |
| Low | 14 | 33,3 | 28 | 66,7 | 0,538 | 0,011* |
| High | 31 | 62,0 | 19 | 38,0 | (0,333-0,869) | |

DISCUSSION

Respondent characteristic in this research including gender, age, and study programme. Gender majority in this research is female, 71 persons (77,2%). This is in accordance with data reporting by Pangkalan Data Pendidikan Tinggi (PDDikti) related to the total of active students odd semester year 2019/2020 in UNJA, which consists of more female students rather than male students.⁸ based on respondents age, in this research majority of respondents are 20 year old (48,9%). According to study programme, most of the respondents come from public health study programme, 32 persons (34,8%). This condition is in accordance to the total amount of bachelor active per each study programme in public health facility UNJA 2020, that claim public health study faculty is study programme with the most active students. This research is seen from health cluster student/s point of view in looking at health promoting university. Some things related to this research including benefit perception, obstacle and intention to support health promoting university.

Relations Between Health Cluster Student Perception About the Benefit of HPU and Intention to Support HPU

Result of this research shows that low HPU benefit perception has 3.5 times chance to not give HPU support intention rather than high benefit perception (PR:3,50 95%CI:1,976-6,200) and based on statistic test there is a significant relations between HPU benefit perception towards intention to support HPU (p -value = 0,000). In effort of making HPU, affected by student's intention to support HPU itself. This supports strengthen the argument about HPU, in which it will give many benefits around campus, especially on developing healthy life style among students, according to *Health Belief Model* theory (Glanz, et al. 2008) that benefit perception is necessary if any individual can feel that certain action can reduce possibility threat of disease or disease symptom.³ Prabandari (2020) in

Health Belief Model has consistent relations between behaviour and strenght variations, like benefit perception as the strong predictor in behavioural changes.⁹

The result of this research is collateral with the research result of Hikmawati (2018) that claim there is a significant relations between HPU benefit perception with the intention to support HPU (p -value = 0,003).⁴ University is making effort to create a beneficial health at campus, by building eco-friendly and safe buildings for study and provide campus facility that support a healthy life style. This thing is supported by Kurnianto, et. Al (2015), that taking maximum advantage of facility at university is affecting the quality of healthy life style among students.¹⁰ Arrxivier (2020) also stated the same thing, that facility and study motivation are important in study achievement among students.¹¹ Other research done by Farradika, et al. (2019) also claim that there is a relations between the availability of sport facility, lecturer's support, and perception towards sport to influence students in doing physical activity.¹²

An example of effort that support a healthy life style is to put attention on healthy eating behaviour.¹ according to Arieska, et al. (2020) there is a significant relations between knowledge and consumption pattern with nutrient status on students, where $p=0,001$ ($p<0,05$).¹³ Another research by Penelitian Kim, et al. (2012) conclude that the benefit of healthy consumption affects significantly on healthy food behaviour intentions ($p<0,05$).¹⁴ Therefore, university effort in order to develop health promoting university is to provide campus facility and service that support a healthy life style, hoping it can give benefits to student. In line with this research, students graded the faculties at university, such as health service, health canteen, counseling room, and study buildings that are eco friendly and safe to improve a healthy life style and study achievement. Furthermore, university must be able to provide the need of environment provider at campus, to influence the life quality of students. It is clear that the

benefit perception of student has important role in improving the intention to support HPU.

Relations Between Jambi University Health Cluster Student's Perception Regarding HPU Obstacle with Support Intention on HPU

Based on the result of bivariat analysis between HPU obstacle perception with the intention to support HPU on Jambi University health cluster student is 0,011, which mean there is a relations between HPU obstacle perception with the intention to support HPU. In addition, the PR value is 0,538, which means the HPU obstacle perception is the protective factor in this (95%CI: 0,333-0,869). The result of this research is collateral with the theory stated by Glanz, *et al.* (2008), where health belief model theory explains that the obstacle being meet is an aspect from intervention with negative potention to hamper someone in doing an activity or any other result that viewed from aspects with negative potential to interfere health.^{3,15} the real obstacle being meet is actually a perception about anything that hamper the process of adopting a new behaviour.¹⁶

The result of this research is in line with the research by Hikmawati (2018) that showed there is a signifcant relations between HPU obstacle and intention to support HPU, with *p-value* = 0,001 ($p > 0,05$).⁴ Another supporting research is a research by Salahshuri, *et al.* (2014) that claim many students feel the lack of sport facilty to fulfil their individual needs, this factor leads to hamper physical activity among students.¹⁷ This research by Tomy, *et al.* (2019) claims that stress is the main factor of obstacle. The main factor of stress among students are Test (74,9%), long study period (71,1%), and lack of time (69,6%)¹⁸ Sani, *et al.* (2012) also claims that in line with a long study time, test, and thight study schedule are the most common obstacle among students.¹⁹ another research by Burto, *et al.* (2021) showed that the biggest obstacle is the lack of time due to

busy study schedule and the lack of facility for them to access.^{20,24}

The research by Musakawa, *et al.* (2021) at Johannesburg University, South Africa, claims that obstacle regarding individual and heath facility on students is the long wait (n = 342,43.2%), attiitude of health staff (n = 263,33.2%), medical cost (n = 160,20.2%), bad health literacy (n = 148, 18.7%), and the inability to skip academic time (n = 137,17.3%)^{21,23} According to the above explanations, it is clear that obstacle perception is a threat indicator that marked as obstacle in supporting the implementation of HPU on health cluster at Jambi University. Nevertheless, the students have intention to support HPU, by buying healthy food at campus, supporting mental health at campus by taking care of themselves not to get stress during study process, thow trash at its place, and using the facility at campus. In addressing the challenges, According Tafiyefti (2024) Universities can also utilize the various HPU networks and initiatives available in their country or region to effectively implement the HPU concept.^{22,25}

CONCLUSION

The conclusion is that HPU benefit and obstacle perception according to health cluster student at Jambi University is necessary to take in consideration as the university is making effort to create policy regarding HPU. The perception of *cluster* health students states that it is very beneficial if the lecture hall is safe, environmentally friendly, and the campus plays an active role in drug and alcohol abuse efforts, assistance and counseling are only provided for students who have academic problems and the university does not support student welfare in terms of the academic system. Students' health behavior intentions will choose to buy and consume clean and healthy food sold on campus, will throw garbage in its place, and will take advantage of the facilities provided by the campus. Therefore, its is necessary to make suitable policy for HPU and do

socialization regarding HPU among academicians in Jambi University.

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