DESCRIPTION OF HABIT OF HANGING OUT IMPACT FOR STUDENTS AT STIKES ‘AISYIYAH SURAKARTA

ABSTRACT

Introduction: Hang out is an activity that is carried out by individual and groups who are relaxing in a place and discuss about all kind of things from thing that are considered trifling to serious as a means of refreshing from the fatigue of routine. For students, hanging out activities are used as a place to exchange ideas till become a place of learning. The habit of hanging out will impact on body weight, blood pressure, anemia, achievement index and level of fatigue. Objective: To analyze the impact of obesity, blood pressure, anemia, achievement index and fatigue due to the habit of hanging out of student in STIKES 'Aisyiyah Surakarta. Method: This type of research is descriptive. The population of this study is STIKES 'Aisyiyah Surakarta student and total sample is obtained by 300 respondents with stratified random sampling technique. The technique of analysis data using univariate analysis. Results: Impact description of the hanging out habit in STIKES 'Aisyiyah Surakarta student is most of them have normal weight as many as 180 respondents (62.0%), normal blood pressure is 201 respondents (67.0%), normal hemoglobin is 225 respondents (75.0%); moderate achievement index is 258 respondents (86.0%) and a level of fatigue that namely tired as many as 222 respondents (74.0%). Conclusion: A Impact description of the hanging out habit in STIKES 'Aisyiyah Surakarta student did not affect in weight, anemia, blood pressure, achievement index and affect with the level of student fatigue.

Keyword : Hang out, Obesity, Blood Pressure, Anemia, Achievement Index, Fatigue