ABSTRAK

Latar Belakang: COVID-19 penyakit infeksi saluran pernafasan dengan kasus penyakit akan terus bertambah hinggahari ini. Beredar informasi bahwa berjemur dapat mencegah infeksi COVID-19. Berjemur dipercaya dapat meningkatkan sistem imunitas karena meningkatkan konsentrasi vitamin D dalam tubuh. Kekurangan vitamin D dikaitkan dengan peningkatan kemungkinan kejadian COVID-19, keparahan dan kematian.

Tujuan : Untuk mengetahui gambaran perilaku berjemur mahasiswa Fakultas Kedokteran UISU untuk mencegah COVID-19

Metode : Jenis penelitian yang digunakan adalah bersifat deskriptif dengan menggunakan desain *cross sectional*. Pengambilan sampel menggunakan metode *Stratified Random Sampling*. Sampel adalah mahasiswa FK UISU sebanyak 80 responden. Instrument penelitian yang digunakan berupa kuesioner.

Hasil : Penelitian terdapat 15 orang (18.8%) memiliki perilaku berjemur yang baik, 41 orang (51.3%) memiliki perilaku berjemur yang cukup dan 24 orang (30.0%) memiliki perilaku berjemur yang kurang baik. Terdapat hubungan usia dengan perilaku berjemur (*p value* : 0,000). Terdapat hubungan jenis kelamin dengan perilaku berjemur (*p value* : 0,000). Terdapat hubungan riwayat COVID-19 dengan perilaku berjemur (*p value* : 0,007).

Kesimpulan : Mayoritas responden memiliki perilaku berjemur yang cukup. Terdapat hubungan yang signifikan antara usia, jenis kelamin, dan riwayat COVID-19 dengan perilaku berjemur.

Kata Kunci : Berjemur, COVID-19, Vitamin D

ABSTRACT

Background : COVID-19 respiratory tract infection with disease cases will continue to increase to this day. There is information circulating that sunbathing can prevent COVID-19 infection. Sunbathing is believed to improve the immune system because it increases the concentration of vitamin D in the body. Vitamin D deficiency is associated with an increased likelihood of COVID-19 incidence, severity and death.

Objective : To describe the sunbathing behavior of UISU Medical Faculty students to prevent COVID-19

Methods : The type of research used is descriptive by using a cross sectional design. Sampling using Stratified Random Sampling method. The sample is FK UISU students as many as 80 respondents. The research instrument used was a questionnaire.

Results : The study found 15 people (18.8%) had good sunbathing behavior, 41 people (51.3%) had sufficient sunbathing behavior and 24 people (30.0%) had poor sunbathing behavior. There is a relationship between age and sunbathing behavior (p value: 0.000). There is a sex relationship with sunbathing behavior (p value: 0.000). There is a relationship between a history of COVID-19 and sunbathing behavior (p value: 0.007).

Conclusion : The majority of respondents have sufficient sunbathing behavior. There is a significant relationship between age, gender, and a history of COVID-19 with sunbathing behavior.

Keywords : Sunbathing, COVID-19, Vitamin D