



Article

**The Correlation Between Students Healthy Lifestyle and The Academic Achievement One the Students' Medika Nurul Islam**

*Rahmi Inayati<sup>1</sup>, Ainal Mardhiah<sup>2</sup>, Asri Bashir<sup>3</sup>, Muhammad Ikhsan<sup>4</sup>*

*<sup>1,2</sup>Nursing Study Program, Faculty of Medicine, Malikussaleh University, Indonesia*

*<sup>3,4</sup>Nursing Study Program, STIKes Medika Nurul Islam, Indonesia*

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CORRESPONDENCE

Phone: +6285277232909  
E-mail: rahmi.inayati@unimal.ac.id

A B S T R A C T

Student academic achievement is very much determined by the lifestyle they carry out during the lecture process. Students who have a healthy lifestyle will live their lives by paying attention to factors that affect health, such as avoiding addictive items, paying attention to a balanced healthy diet, a balanced healthy menu and regular physical activity. This will cause their health level to be better. Research Objectives to determine the relationship between a healthy lifestyle and academic achievement of STIKes Medika Nurul Islam students. Research methodology: this research method is correlation analytic with cross sectional design approach. The population in this study were all level III students at STIKes Medika Nurul Islam. Sampling with total sampling of 98 respondents. The results showed that the majority of healthy lifestyle is good, namely (70.7%). Most of the satisfactory academic achievement is (57.6%). The results of statistical tests with Spearman rank obtained p value  $0.000 < 0.05$ . Conclusion: there is a relationship between a healthy lifestyle and academic achievement in students. Suggestion: it is hoped that students, especially nursing students, should know more about the importance of a healthy lifestyle, so that students stay healthy in following the learning process so that they can achieve good academic achievement.

## I. INTRODUCTION

Education is the most important thing in human life because education for humans affects the socio-cultural dynamics of their society. Shah (2013) stated that education is basically an effort to grow the human resource potential of students by encouraging and facilitating their learning activities. Academic requirements in higher education are not just attending lectures, but there are other provisions such as the percentage of attendance in lectures, completion of assignments and active participation in other academic activities (discussions, presentations, taking exams, quizzes). At the college level, the assessment of academic achievement is expressed by a cumulative achievement index. The cumulative achievement index is a number that shows the achievement or progress of student learning cumulatively starting from the first semester to the last semester that has been taken (Astuti, 2018).

According to Ahmadi (2018), there are two factors that affect learning achievement, namely factors within oneself (internal) and factors that come from outside (external) or the environment. Internal factors consist of genetic factors, interests and talents, self-motivation, and physical and psychological states. External factors consist of campus environment, family, community environment, and learning resources.

Physical and psychological conditions also affect the quality of student learning outcomes during lectures, student concentration while receiving lecture material, as well as in doing tasks given by lecturers (Ahmadi, 2018). Students with low physical and psychological health cause low motivation. With low physical and psychological health, students do not have the motivation to like the lecture material so they will find it difficult to accept and master both the theory and practice given which tend to be complicated and require understanding and attention (Slameto, 2013).

The lifestyle of students is more likely to follow the trends that are developing in the current era of globalization. Like students today, they prefer things that are instant including fast food (junkfood). In addition, due to increasingly sophisticated technological changes, students spend more free time just to social media, play online games until midnight and things that are less useful, resulting in students becoming lazy to move, lack of exercise, and lack of rest even many students suffer from insomnia (Mi'raj, 2012).

The phenomenon of student lifestyle in general is more likely to follow an unhealthy lifestyle. The unhealthy lifestyle carried out by students such as smoking habits, consumption of unbalanced nutrition, and poor stress control. The prevalence of student smoking habits in college students reached 8.6% and even increased to 34.7% in 2010 Global Health Professions Student Survey (GHPSS, 2006). In addition, students also often consume unbalanced foods that will have an impact on health such as the incidence of obesity and gastritis in students by 63% (Wahyuni, Sirajudin & Najamudin, 2012).

Based on the results of the study, all unhealthy lifestyles will have an impact on the declining academic achievement scores of students. This is supported by several research results such as Rosanjaya's research (2013) entitled on healthy lifestyle behavior towards student academic achievement obtained results that most students whose healthy lifestyle level is good have very satisfactory academic achievements to those who get praise with moderate and significant relationships. In addition, it is also supported by Pranoto's research (2014) on the relationship between a healthy lifestyle and the achievement of academic achievement of students in the Health Sector of Universitas Jendral Soedirman where the results obtained a meaningful relationship (positive correlation) between a healthy and healthy lifestyle with the achievement of student academic achievement.

The results of interviews conducted by researchers on 15 students of STIKes Medika Nurul Islam, 7 (46%) students have a cumulative achievement index (GPA) below 3.00 and there are 4 (26%) students who did not graduate from several semester credit units (SKS), students said this was because they were less focused on the learning process, such as drowsiness, lack of concentration while studying caused by a poor lifestyle such as staying up late, irregular eating patterns and lack of exercise. The observation data obtained is also in accordance with the results of interviews such as students often smoke in the campus area, and often have breakfast with ready-to-eat food. However, there are 4 (26%) students who have a cumulative grade point average (GPA) above 3.00 because they always exercise regularly, sleep not late, and breakfast habits. The observation data on the students was also in accordance with the results of interviews such as breakfast habits with healthy food brought from home or lunch and never ate ready-to-eat food and did not smoke.

## II. METHODS

The research design used was correlation analytics with a *cross sectional* approach. Arikunto (2013) stated that correlation research aims to determine the extent of the relationship between the variables studied. *Cross sectional* design is a research design in which measurements or observations are carried out simultaneously at one time or at a time (Hidayat, 2014). The correlation analytical method in this study was used to measure the relationship between a healthy lifestyle and the achievement of academic achievement of nursing students of Stikes Medika Nurul Islam. This research was conducted on nursing students of STIKes Medika Nurul Islam specifically level III with a total of 98 respondents. sampling using *total sampling* technique, which is a sampling technique by taking all members of the population as respondents or samples

(Sugiyono, 2010). The data collection tool used in this study is a questionnaire that will be given to respondents as many as 2 types of questionnaires. For healthy lifestyle variables will be given 15 questions. And for the achievement index variable, 1 question will be given. By way of questionnaires given to respondents in the form of *google form*. The statistical test in this study is the *Spearman Rank Correlation test*. Because they want to know the relationship between a healthy lifestyle and student academic achievement.

## III. RESULT

Based on the results of research that has been conducted on the relationship between a healthy lifestyle and the achievement of academic achievement in students of medical stikes nurul islam conducted on 98 respondents The results obtained are as follows:

### Analisa Univariat

**Table 1. Characteristics of Respondents Healthy Lifestyle Variables in Mahasiswa STIKes Medika Nurul Islam (n=98)**

Variable	Indicator	F	(%)
Healthy lifestyle of students	Good	70	70.7
	Enough	28	28.3
	Less	0	0

Based on table 1, the percentage of healthy lifestyle methods of students shows that (70.7%) students have a good lifestyle, while (28.3%) students have a healthy lifestyle that is sufficient.

**Table 2. Distribution of Respondent Characteristics of Academic Achievement Variables in STIKes Medika Nurul Islam Students (n = 98)**

Variable	Indicator	F	(%)
Academic	<i>Cum Loude</i>	0	0

performance	Very Satisfying	41	41.4
	Satisfactory	57	57.6

Based on table 2, the percentage of academic achievement shows (41.4%) students get very satisfactory academic achievement, and there are also (57.6%) students who have satisfactory academic achievement

**Table 3. Tabulation of the Relationship between Healthy Lifestyle and Academic Achievement of Stikes Medika Nurul Islam Students (n = 98)**

Healthy lifestyle	Academic performance					
	S		VS		Total	
	n	%	n	%	n	%
Good	33	47.1	37	52.9	70	100
Enough	24	85.7	4	14.3	28	100
Less	0	0	0	0	0	0

From the results of *statistical crosstabulation* testing with *statistical software*, the results of a Healthy Lifestyle of Students with a good category of satisfactory Cumulative Achievement Index (GPA) amounted to 33 respondents (47.1%) and for a very satisfactory Cumulative Achievement Index (GPA) amounted to 37 respondents (52.9%). As for the Healthy Lifestyle of Students with sufficient categories, the Satisfactory Achievement Index amounted to 24 respondents (85.7%) and for the Cumulative Achievement Index (GPA) was very satisfactory amounted to 4 respondents (14.3%).

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**Table 4. Spearman's Rank Test Results Healthy Lifestyle of Students with Academic Achievement (n=98)**

Variable	( $\alpha = 0,05$ )	Information
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Healthy Lifestyle of Students with Academic Achievement	$p$ 0.000	This positive directional correlation relationship means that it shows that the better the healthy lifestyle, the higher the achievement of academic achievement.
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From the results of statistical testing with the correlation of *Spearman's rank* with *statistical software*,  $p$  results of 0.000 ( $\alpha=0.05$ ) showed a meaningful relationship between a healthy lifestyle and student academic achievement. The direction of the correlation is positive (+), which shows that the better the healthy lifestyle, the higher the achievement.

**III. DISCUSSION**

A healthy lifestyle is a person's effort to maintain cleanliness and health to obtain physical and psychological well-being. Based on the results of the study, most STIKes Medika Nurul Islam students lead a good healthy lifestyle (70.7%), while the rest (28.3%) are sufficient.

The above results are in accordance with research conducted by Farooqi et all (2009) which states that the achievement of a healthy lifestyle is supported by exposure to health sciences learned every day on campus. Through research conducted, it has also found that students' knowledge about this healthy lifestyle has increased day by day. This is due to the rapid development of science so that the stage of student education becomes better and develops.

This shows that the knowledge gained by students directly or indirectly both through the internet and mass media is enough to form a positive attitude towards a healthy lifestyle. This explains that students agree with the importance of adopting

healthy living behaviors to maintain a healthy body condition. Every human being has their own lifestyle. Lifestyle is obtained from education or daily habits in the family, environment, and bad experiences in life (Arsil, 2010). In addition, Rosanjaya (2013) stated that a healthy lifestyle is a person's effort to choose cleanliness and health to obtain physical well-being. A healthy lifestyle is not enough with physical health alone, but psychological health also affects student achievement during the learning process.

According to the results of the researchers' analysis, students who have a healthy lifestyle can avoid various diseases to improve their health. In addition, a healthy body will also make a person more comfortable and excited in carrying out daily activities including in the teaching and learning process. Students can concentrate more during the process. Conversely, students who have an unhealthy lifestyle will be susceptible to disease, easily feel tired in carrying out daily activities. This will certainly cause students to be lazy to do something, easily sleepy and not concentrate on following the learning process.

The cumulative grade point average (GPA) is one of the determinants of student success academically. The results showed that most of STIKes Medika Nurul Islam students with very satisfactory academic achievement (41.4%) and with satisfactory academic achievement (57.6%).

Student study success is assessed based on influencing components, namely: exams, face-to-face, and structured assignments. These three components cannot be separated from each other (Ministry of Health RI, 1997) quoted by Shah (2013).

The success of respondents in learning is influenced by internal and external factors. Internal factors include age, IQ, motivation, health status, and previous experience. While external factors include facilities and infrastructure, educators, learning environment, curriculum, learning methods,

and teaching and learning aids.

Student success in the academic field is marked by achievements achieved, shown through the achievement index (IP) and cumulative achievement index (GPA) and accuracy in completing studies. There are two factors that affect learning achievement, namely factors within oneself (internal) and factors that come from outside (external) or the environment. Internal factors consist of genetics, interests and talents, self-motivation, and physical and psychic states. External factors consist of campus environment, family, community environment and learning resources (Ahmadi, 2018).

Wibisono (2009) job demands tend to require an achievement index above 2.75 to encourage high motivation for students to get the best academic achievement in accordance with the theory put forward by Roberts in Lusiana (2009) that every human being has the basic strength that motivates himself to increase his potential to the maximum extent in the field of education.

According to researchers, the high cumulative achievement index achieved by students is also influenced by cognitive abilities, namely a person's intelligence affects the potential of the person to complete his education, and that potential is in accordance with his IQ level. In addition, factors of interest, motivation, facilities, and others also influence.

The results showed that there was a relationship between a healthy lifestyle and the academic achievement of STIKes Medika Nurul Islam students. This can be seen from the results of the calculation of *spearman's rank* correlation obtained a correlation value of 0.000, which shows that there is a meaningful relationship between a healthy lifestyle and the academic achievement of STIKes Medika Nurul Islam students.

From the results of the study, it is also known that STIKes Medika Nurul Islam students with a good healthy lifestyle and academic achievement are very satisfying

(52.9%). Based on these results, it can be concluded that the better the healthy lifestyle lived will affect the achievement of student academic achievement. This is in accordance with the theory put forward by Smith (2009) Education and health are interrelated. A person needs optimal health status to be able to concentrate on following lessons well. A good level of physical, emotional, and mental health supports a person's success in learning.

In line with this opinion, Shah (2013) also mentioned that one of the factors that affect academic achievement is aspects of physiology, general physical condition, and tone (muscle tension) which marks the level of fitness of body organs and joints, can affect the spirit and intensity in following lessons. The condition of the body that is tired, especially if accompanied by dizziness, can reduce the quality of the realm of creation (cognitive) so that the material studied is less or scarred. The condition of other organs such as the level of health, the sense of hearing and the sense of sight also greatly affect the ability to absorb knowledge information in the classroom.

Unhealthy student lifestyles can lead to academic problems and can also result in disruptions to the thought process and learning concentration. Hutapea (2008) states that behaviors that can maintain a healthy lifestyle are avoiding opium habits such as smoking, alcohol and illegal drugs, a balanced healthy diet and with a balanced healthy menu, maintaining personal hygiene and the surrounding environment, exercising, and checking health to the doctor, avoiding excessive stress in a healthy way and adequate rest.

Researchers from France confirmed that opium goods can damage the brain. Data collected from 5,000 Britons showed that those who consumed opium had lower levels of memory, reasoning, vocabulary, and verbal proficiency than those who did not consume opium. Opium goods greatly affect mental decline at a young age, and physical

fragility in old age. The habit of consuming opium items carried out at a young age decreases the level of memory and reasoning ability. This was reported by Severine Sabia and colleagues from the National Institute of Health and Medical Research in Villejuif, France.

One of the opium items often consumed by students is cigarettes. The substance contained in every puff of cigarette smoke is carbon monoxide (CO). This substance will inhibit hemoglobin in binding oxygen (O<sub>2</sub>), because of which the supply of oxygen to body tissues, organs and the brain will be disrupted. Even worse, this carbon monoxide substance will occupy a portion of oxygen and replace it in the blood which is toxic to the body and brain. (Hufon Sofianto, 2010)

*The Sheba Medical Center* located in the city of Tel Hashomer, Israel, conducted a study that yielded similar results. Smokers have lower levels of intelligence than those who do not smoke. The sample in this study was 2,000 active smokers. The results of the study proved that the active smokers only had an average IQ of 94. In fact, the average IQ of non-smokers is at 101. Active smokers who spent a pack of cigarettes a day had an average IQ point of 90. That is, smokers who like to spend cigarettes in a day are decreasing their intelligence level.

The busyness faced by students causes them to just sit studying, completing tasks, and dealing with stress. For time efficiency, always go by riding a motorcycle. As a result, the body moves less. This instant thinking causes many students to glance at *fast food* or *junk food* for consumption. These changes can easily trigger the emergence of various degenerative diseases at a young age, which is very detrimental to the nation's next generation (Mi'raj, 2012).

A study conducted by Kirsten Hotting (2012) suggests that students who cycle or stretch regularly and meet a balanced nutritional intake and adequate rest, have

improvements in memory and thinking skills. In adults, the area of the brain associated with memory (*hippocampus*) tends to shrink. Previous research has also found that a brain region called the *hippocampus* can develop after they start doing physical activity, meeting balanced nutritional needs as well as adequate rest. This growth is usually accompanied by improved memory function that can improve academic achievement for students.

In line with Hotting, based on research led by Dr. Mark Davis (2003). Regular exercise, meeting balanced nutritional needs and adequate rest are also able to refresh the brain. This can encourage brain cells to become stronger and younger. Brain energy increases, so it can work faster and more efficiently. This was conveyed by Dr. Mark Davis in the *dailymail*. The study has also been published in *The Journal of Applied Physiology*.

According to researchers, students who have a healthy lifestyle have awareness in maintaining health. This is reflected in student behavior in carrying out self-management such as avoiding cigarette opium, maintaining a balanced healthy diet, adequate rest then regular physical activity

and being able to manage the stress faced. Students who have awareness of a healthy lifestyle will encourage healthy behavior. According to researchers, the high cumulative achievement index achieved by students is also influenced by cognitive abilities, namely a person's intelligence affects the potential of the person to complete his education, and that potential is in accordance with his IQ level. In addition, factors of interest, motivation, facilities, and others also influence.

#### IV. CONCLUSION

Based on research that has been conducted at STIKes Medika Nurul Islam Nursing Study Program on 98 respondents about the relationship between a healthy lifestyle and academic achievement in level III students, it can be concluded as follows: The healthy lifestyle of STIKes Medika Nurul Islam students is mostly good, namely (70.7%) while the academic achievement of STIKes Medika Nurul Islam students is mostly satisfactory, namely (57.6%) so Based on the results of statistical tests between a healthy lifestyle and the achievement of academic achievement, there is a significant relationship with a *p value* of 0.000.

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