IMPORTANT FACTORS TO ADOPT A HEALTHY LIFESTYLE DURING COVID-19 PANDEMIC

THESIS

Submitted as one of the requirements to obtain
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By

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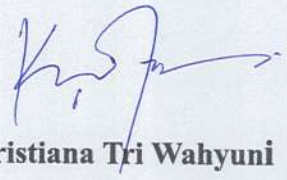

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ABSTRACT

The purpose of this study is to find out the correlation between knowledge and perception of a healthy lifestyle with perceptions of adopting a healthy lifestyle during the covid-19 pandemic in the people Jababeka area, Cikarang, and to find out the most dominant variable contributing to public perception of adopting a healthy lifestyle during the covid-19 pandemic in the Jababeka area. The method used in this study is quantitative research, distributed the mixed offline and online questionnaires to 307 people in the age range of 20-49 years old. The population in this study involved 307 respondents which were categorized as employees with the non-probability sampling technique. The data was analyzed using SEM AMOS 20. The results of this study found people's attitudes, and the influence of social, and perceived behavioral control impacted low in the intention to adopt a healthy lifestyle during COVID-19 in Jababeka. Meanwhile perceived behavioral control which predicts people's perception of the capability and control of the action shows a direct significant impact on people's decision to adopt a healthy lifestyle behavior.

Keywords: healthy lifestyl**e,** covid-19, behavior, intention.

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