

Creating A Healthy Lifestyle of Students Through the Use of The SEKA Application (Health Campus) Study: Students Of Muhammadiyah University Yogyakarta

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ABSTRACT

In this modern era, a healthy lifestyle has become a major concern for many people, including students. College students often face high academic pressure and social demands, which can have a negative impact on their health. Therefore, it is important for students to maintain their physical and mental health so that they can optimally achieve their academic and personal potential. A healthy lifestyle is becoming increasingly important in everyday life, especially for students who often face academic pressures and lack a lifestyle. Healthy. To help students maintain their health, we propose to make an application called "SehatKampus". This application will be a guide and support for students to live a healthy lifestyle practically and effectively. The method used to manage student health activities is to use the application. Seka.com is the domain for relevant technology. This study was conducted with a qualitative approach. Qualitative research uses descriptive data from individuals and observable actors to explain and analyze individual or group phenomena, events, social dynamics, attitudes, beliefs, and perceptions. The Healthy Campus Application (SEKA) stands for healthy campus. Seka itself can be interpreted in Javanese as a healer. This seka application is designed to become a student facilitator in maintaining health and stabilizing their healthy lifestyle. This application is equipped with various features which can support a student's healthy lifestyle. In order to assist students in living a healthy lifestyle, developing a special application can be an effective solution. This application can provide easy access and relevant information about health to students. The following are reasons that explain why student healthy living apps are important and the benefits they can provide: Based on research on campus healthy apps, it can be concluded that the use of campus healthy apps has great potential to improve student health and well-being. These apps can provide useful information, facilitate access to health services, and provide features that promote a healthy lifestyle. In this study, it was found that college students tended to respond positively to using campus healthy apps and reported benefits in increasing health awareness and helping them manage a healthy lifestyle.

Keywords: application, healthy, lifestyle.

INTRODUCTION

In this modern era, a healthy lifestyle has become a major concern for many people, including students. College students often face high academic pressure and social demands, which can have a negative impact on their health. Therefore, it is important for students to maintain their physical and mental health in order to optimally achieve their academic and personal potential.

Various recommendations for healthy living have been given to the public since the world was hit by the COVID-19 pandemic. Quarantine policies have disrupted people's lifestyles, especially for students and students. There are many factors that can cause college students to live an unhealthy lifestyle. The first factor could be due to the lifestyle changes students have experienced since starting online education. Students experience a loss of control and disorganization due to the flexibility of lectures due to being at home for long periods of time. Campus schedule began to change. The lifestyle of students is increasingly disorganized.

The second factor is the student's food habits to relieve stress. Piled up assignments cause students to mindlessly consume junk food, high-fat foods, and other sweet foods as a way to relieve stress. The third factor is students' irregular sleeping hours, which causes them to be unable to control their cell phone usage. College students often surf social media and sit for hours, even late into the night. Always connected to the internet, initially as a result of college obligations, eventually became a dependency. The fourth factor is the increasing consumption culture in society, especially among the upper middle class. If students have excess pocket money, they often spend it on meals. Making food delivery easier for students to lose weight. The last factor is the lack of physical activity of students. College students have to stay in front of their laptops or computers all day because of the class schedule that runs from morning to evening, sometimes even at night. Sports that used to be often done are increasingly being abandoned.

Physical health and productivity are positively correlated with mental health. Everyone can experience psychiatric

or mental disorders. Data from Riskesdas (basic health research) in 2018 shows that emotional mental disorders as indicated by symptoms of depression and anxiety reach around 6.1% of Indonesia's population, or the equivalent of 11 million people. In adolescents aged 15 to 24 years, the percentage of depression is 6.2%, which means they are at risk of suicide or self-harm. Anxiety and depression are responsible for 80–90% of suicides. In Indonesia, there are 10,000 suicides every hour. Suicide experts say that 4.2 percent of students in Indonesia have had thoughts of suicide. At 6.9% of students had the intention to commit suicide while another 3% had attempted suicide. (Alfina, 2020)

The higher education level has a denser learning time, both in conducting online and offline lectures. The student's brain is required to work non-stop. Therefore, we must know how important a healthy lifestyle is for students who live in boarding houses when undergoing very busy lectures. Factors that often affect students are lack of healthy living because they often forget about time, are confused about choosing food, want to save money, lack of time to rest, and rarely exercise. Therefore, the need for an increase in a healthy lifestyle.

A healthy lifestyle is becoming increasingly important in everyday life, especially for students who often face academic pressure and an unhealthy lifestyle. To help students maintain their health, we propose to make an application called "SehatKampus". This application will be a guide and support for students to live a healthy lifestyle practically and effectively.

With use formula slovinnamely: Number of samples / 1+ total population (0.05)². Which from formula the obtained value 100, which means We use value 100 as amount sample respondent .

From the results of the sample size, we conducted a survey of the sample by means of a questionnaire. From the results of the questionnaire we did, it showed that:

1. The reason students don't live a healthy lifestyle is because:
 - a. Sleep patterns that are difficult to regulate because there are too many assignments from different courses.
 - b. The food around them is mostly junk food/unhealthy.
 - c. Not used to doing sports because they feel less time to rest.

The following is a graphic table of the questionnaire from 100 respondents



Figure 1. Questionnaire graph

Of the 100% sample, there are 71.6% of students who have not been able to apply a healthy lifestyle.

2. According to the results of our questionnaire survey, the presentation seka.com application is needed because it provides benefits of 87%, out of 100%.

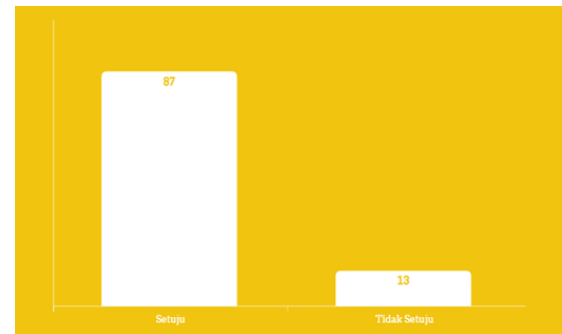


Figure 2. Graph of the questionnaire how much application is needed

Which of these results means that the seka.com application is currently needed by students, especially UMY students as a companion tool to encourage the process of living a healthy lifestyle

1.2 Problem Formulation

Based on the existing background, the core problems in this study are as follows:

1. What are the features provided by the SEKA application?
2. How does the SEKA application work?
3. Can this application help students be more efficient with its use?

1.3 Research Objectives

1. Being able to increase awareness of UMY students on the importance of maintaining their health and well-being.
2. Can provide relevant information and advice regarding healthy eating patterns, physical activity, stress management, and mental health to UMY students.
3. Knowing the impact on changing the behavior of UMY students related to a healthy lifestyle, such as increasing physical activity, reducing stress levels, or improving sleep patterns.
4. An application that maintains the privacy and security of UMY students' personal data when using campus healthy applications.

1.4 Research Benefits

This research is also expected to provide the following benefits:

1. It is hoped that UMY students will take care of and care more about their physical health, and increase their awareness of the importance of maintaining health. So that UMY students are better at carrying out their activities and lifestyle.
2. Can facilitate campus control over the health of UMY students and facilitate access to campus health counseling.

LITERATURE REVIEW

Theoretical basis

1. Student Lifestyle

The definition of student lifestyle refers to a collection of habits, patterns of behavior, and daily activities that students have and carry out during their college years. Student lifestyle covers various aspects of life, including diet, physical activity, sleep habits, social interactions, academic activities, and mental health. Student lifestyles are often influenced by environmental changes and challenges faced during college. Students often have to cope with academic pressures, adjustments to campus life, and new responsibilities in managing their time and finances. Student lifestyles can vary significantly from one individual to another. Some students may have a healthy lifestyle, including a balanced diet, regular study routines, active physical activities, healthy social interactions, and adequate sleep. On the other hand, some students may face challenges in maintaining a healthy lifestyle, such as unhealthy eating habits, irregular sleep, excessive stress, or lack of physical activity.

Attention to student lifestyle is important because it can have a significant impact on their well-being and success during college. Student lifestyle during college can affect their academic achievement. To meet the physical and psychological needs of students, lifestyle and learning activities are ways to achieve comfort, safety and health. Lifestyle can also influence students' behavior while studying. (Khairunnisa, Sabrian, & Safri, 2015). Promoting a healthy lifestyle among college students can help improve their physical and mental health, increase concentration in studies, increase fitness, reduce stress, and strengthen social interactions. Higher education institutions and related parties can play a role in supporting students' healthy lifestyles by providing sports facilities, access to healthy food, mental health services, and health promotion programs. In addition, education about the importance of a healthy lifestyle and social support is also an important part of efforts to improve the overall student lifestyle.

Student lifestyles can vary greatly depending on the individual and the particular campus context. However, there are some general patterns in student lifestyle that can be identified. Here are some aspects that are often related to the student lifestyle:

a. **Study Routines:** College students often have busy schedules with assignments, tests, and lectures. They tend to spend a lot of time studying, whether in the library, lecture hall, or in their living quarters. It is important for students to maintain a balance between study and free time.

b. **Diet:** College students' diets can vary widely. Some students may eat at the campus canteen or restaurant, while others cook for themselves at their

residence. Some students may be tempted to eat fast food or unhealthy food due to time or budget constraints. It is important to promote a balanced diet by consuming nutritious foods and avoiding unhealthy eating habits.

c. **Physical Activity:** Some students are physically active and involved in sports or athletics on campus. However, many college students also face the challenge of time and energy to exercise regularly. It is important to encourage students to maintain their physical fitness through fun physical activities, such as walking, cycling, or participating in sports that interest them.

d. **Mental Health:** Student mental health is an important aspect that needs attention. Students often face academic, social, and financial pressures that can affect their mental well-being. It is important to provide accessible mental health services, social support, and resources that help students deal with stress, anxiety, and other mental health issues.

e. **Social Interaction:** Students are often involved in the active social life on campus. They are involved in clubs, student organizations, social activities, and campus events. This social interaction can provide opportunities to build relationships, develop social skills, and expand their social network.

f. **Sleep Habits:** College students' sleep patterns can vary significantly. Some students may tend to stay up late to complete assignments, while others have a more regular sleep pattern. It is important to realize the importance of adequate and quality sleep in maintaining health and academic performance.

It is important for higher education institutions to support students' healthy lifestyles by providing supportive resources and facilities.

2. Definition and concept of campus health.

Campus health refers to efforts to maintain and improve the health and well-being of members of the campus community, especially students, staff and faculty in higher education settings. Campus health is not only about the absence of disease, but also includes physical, mental, social and emotional aspects. The concept of campus health includes various factors that affect the health of individuals in higher education settings. Some of these factors include:

a. **Diet:** A balanced diet and adequate nutrition are very important in maintaining campus health. Consuming nutritious foods can help increase energy, improve concentration, and boost the immune system.

b. **Physical Activity:** Adequate physical activity is an important part of a healthy lifestyle. Through sports and physical activity, students can improve their fitness,

reduce stress, and maintain a healthy heart and respiratory system.

c. **Mental Health:** Mental health is a crucial aspect of campus health. In this context, it is important to provide adequate mental health support and services to help students deal with stress, anxiety, depression and other mental health problems.

d. **Sleep Patterns:** Adequate, quality sleep is essential for optimal cognitive health and function. Campuses that support good sleep patterns and provide a calm and comfortable environment can help students get enough rest.

e. **Disease Prevention:** Campuses must also pay attention to disease prevention and the spread of infections, such as sexually transmitted diseases, influenza, or other infectious diseases. Promotion of vaccination, personal hygiene, and education about disease prevention can be part of campus health initiatives.

f. **Physical Environment:** A healthy campus also includes aspects of the physical environment that support health, such as cleanliness, sanitation, good air circulation and access to clean water. Health-friendly infrastructure, such as parks, walking trails and sports facilities, can also promote a healthy lifestyle

3. The Role of Technology in Campus Health

Technology is playing an increasingly important role in promoting and improving campus health. The following are some of the main roles of technology in the context of campus health:

a. **Health Apps:** Health apps designed specifically for campuses can be very effective tools in providing students with health information, support, and resources. The app may include features such as nutrition guides, a schedule of sports and health events, online mental health

services, healthy lifestyle advice, health monitoring and health reminders. Students can access this information and services easily through their smartphones.

b. **Remote Health Consultations:** Communication technologies such as telephones, video conferencing, or instant messaging platforms can be used to provide students with remote health consultations. This provides easy and quick access to healthcare professionals, including doctors, nurses or counselors, without having to come to a physical clinic. Students can consult about their health problems, get advice, or get prescriptions if needed.

c. **Online Health Monitoring:** Health monitoring technologies such as wearable devices (e.g. smartwatches, activity tracking devices) or medical sensors can help students monitor their health in real-time. Data such as heart rate, activity level, sleep, or breathing patterns can be measured and analyzed to provide insight into a student's health and well-being. This can assist in monitoring and improving healthy living habits as well as providing early warning if there are health problems that need to be addressed.

d. **E-learning and Educational Content:** Technology also plays an important role in providing students with access to educational content and health information. E-learning platforms, online portals or applications can be used to deliver health subject matter, exercise tutorials, healthy food recipes or mental health material. This allows students to gain the necessary knowledge about their health and well-being.

e. **Campus Health Management System:** A technology-based campus health management system can assist in managing student health data, managing appointments, sending vaccination reminders, or managing individual health records. This system facilitates coordination between students, campus health staff, and external health service providers.

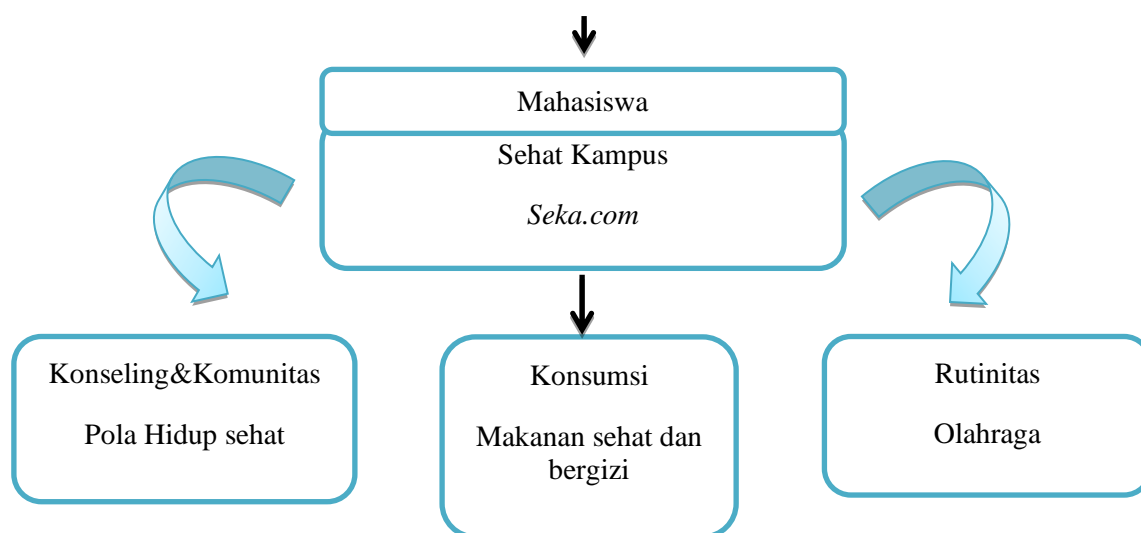
Previous Research

In do study This writer uses a number of references a number of studies earlier, that is as following:

No	Researcher And Title Study	Method Study	Results Study
1	Muhammad Ibrahim Raganata , 2022, Design Of Healthu Application As A Healthy Lifestyle Education Media For Young Adults In Bandung	Descriptive Qualitative	In Study This the message you want be delivered by the media ie form information as well as education about become more healthy, like recipes healthy food, exercise that can _ done according to with level convenience And trouble, count calories in food, sehingga user can following health goals with easy.
2	NetiSitorus, 2020, Lifestyle Healthy Student College of Health Sciences in Bandung	Descriptive Qualitative	According to study And discussion before , more from half students —39 people (57%)— have less attitude _ support towards Lifestyle _ healthy . Besides that ,

			56 people (81%) students know about Lifestyle _ Healthy , and examples given _ by the teacher is factor main influence _ style life student at STIK Immanuel Bandung.
3	Rusliyawati , 2020, Design Get up Identification Need Calories With Go Healthy Life application	Qualitative Descriptive	Based on findings And discussions that took place during the development process the Go Healthy Life application in Bandarlampung City , you can concluded that application the designed with objective possible residents of Bandarlampung City For do consultation nutrition online with easy And fast , count heavy body And tall ideal body , count amount calories needed _ body For activities , and offer food menu list healthy .
4	Princess, Kinanthi Karunia ,2021, Healthy Lifestyle Interactive Media Design for Overseas Students	Descriptive Qualitative	A application named " Positive Booster " , which has reminder pattern live , some advice, and article interesting , is results from planning this . Interactive media This served through illustration And design very application _ preferred by student . Results end planning it also involves test user , so result more easy used For push style life healthy , mostly for students in the area the.
5	Khairunnisa , 2015, Relationship between Lifestyle and Academic Achievement of Nursing Students, University of Riau	Descriptive Correlation	According to results analysis researchers , students who undergo style life Healthy can spared from various disease , meaning they more healthy . Besides that is , a healthy body will make somebody more comfortable And enthusiastic in do activity daily , incl Study teach , and make they more concentrate . On the side others , students who undergo style life that doesn't Healthy will more easy attacked disease And feel tired moment do activity everyday .

To facilitate the drafting process, the written work has a frame of mind. The framework of thinking used in this study is described as follows:



RESEARCH METHODS

1 Method

Students at Yogyakarta Muhammadiyah University are the subject of this study. The method used to manage student health activities is to use the application. Seka.com is the domain for relevant technology. This study was conducted with a qualitative approach. Qualitative research uses descriptive data from individuals and observable actors to explain and analyze individual or group phenomena, events, social dynamics, attitudes, beliefs, and perceptions. Quantitative research has more structure than qualitative research.

2 Types of Research

Descriptive analysis research aims to explain, analyze, and present events that occur to research subjects. So as to produce an organized picture (Soeharto, 2004). In this study, the author explains directly how students at Yogyakarta Muhammadiyah University are making progress in a healthy lifestyle, which will be assisted by the creation of the seka.com website which has a good system and is easy to access.

3 Types of Data

According to Sanusi (2011), the data used in this study came from scientific literature, including journals and literature related to the topic, and are types of primary and secondary data.

4 Data Collection Techniques

Researchers used data search techniques through direct contact to obtain research data because the data used in this study were secondary data types that had been collected by the institution.

DISCUSSION

1. Mechanism

Campus Healthy Application (SEKA) stands for campus health. Seka itself can be interpreted in Javanese as a healer. This seka application is designed to become a student facilitator in maintaining health and stabilizing their healthy lifestyle. This application is equipped with various features which can support a student's healthy lifestyle

In order to help students live a healthy lifestyle, developing a special application can be an effective solution. This application can provide easy access and relevant information about health to students. The following are reasons that explain why student healthy

Peningkatan

Produktivitas Mahasiswa & Perbaikan Pola Hidup Mahasiswa

are important and the benefits they can

ing Awareness: The SEKA application can their awareness of the importance of maintaining health. These applications can provide information about nutrition, exercise, stress management, adequate sleep, and other healthy living habits.

2. Personal Helper: This application can function as a personal assistant that assists students in planning meal schedules, exercise routines, sleep management, and stress management. With reminders and notifications, students can more easily maintain consistency in carrying out a healthy lifestyle.

3. Information and Resources: Healthy living apps can provide students with accurate and useful information on relevant health topics. For example, information about a balanced diet, healthy food recipes, exercise guides, relaxation techniques, and time management strategies. These apps may also provide access to articles, videos, and other support resources.

4. Networking and Support: Healthy living applications can also connect students with communities who share the same interest in maintaining a healthy lifestyle. Through social networking features, students can share experiences, get support from fellow users, and even find friends to exercise with.

5. Progress Tracking: This app can help students track their progress towards achieving health goals. With the tracking feature, students can monitor their daily activities, sleep patterns, nutritional consumption, and other developments. This can provide greater motivation and responsibility in maintaining their health.

With the benefits provided from this application, compared to other applications that are incomplete in providing programs. With this, it is hoped that UMY students will be more able to control their healthy lifestyle and also get attractive and complete service features in this application.

Guide to downloading the Seka application:

1. Open the Play Store/ App Store, write SEKA. After the application we want appears, then press Install.
2. After finishing installing, then open the SEKA application. The first time we open this application, we will be asked to enter the student's name, NIM, telephone number and email. After writing Name, Phone and Email,

- then end by pressing Register. Wait until the verification SMS from SEKA arrives.
3. Enter the 4-digit verification code that we received via WA from the SEKA application, then end by pressing SUBMIT.
4. Done, the application is ready to use.

2. Feature

"SehatKampus" application features:

- a. Physical Activity Logging: The application will provide a feature to record daily physical activity, such as distance traveled, number of steps, or duration of exercise. This data will help students track how far they have kept their physical activity.
- b. Healthy Eating Schedule: This application will have a healthy eating schedule feature, where students can record and manage their meal times. The app will provide reminders to eat regularly and provide suggestions on healthy foods to choose from.
- c. Healthy Food Recipes: The application will provide a collection of easy and practical healthy food recipes for students. Students can search for recipes based on ingredients, preparation time, or food type. Recipes will also include nutritional information to help students make the right choices.
- d. Health Reminders: The app will send reminders to drink water regularly, get enough rest, maintain good sleep, and remind about doctor appointments or routine health checkups.
- e. Online Consultation Features: This application will provide online consultation services with health professionals, such as doctors or nutritionists. Students can ask questions or consult regarding their health confidentially through this application.

Health: Doctor from UMY campus hospital

Psychology: UMY campus consulting service (LPKA)

- f. Community Features: The application will have a community feature where students can share tips, recipes, or experiences about a healthy lifestyle. This feature will encourage collaboration and support between students in achieving a healthy life.

The following is an example of the design of the application:

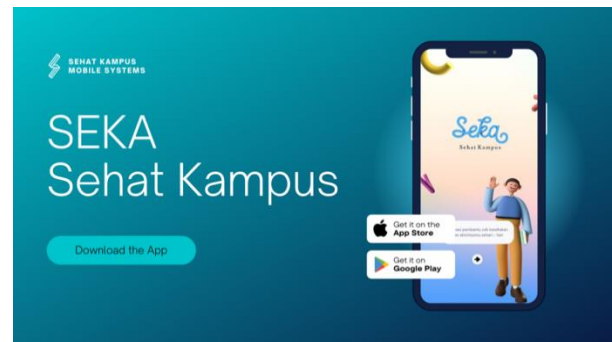


Figure 3. SEKA application design

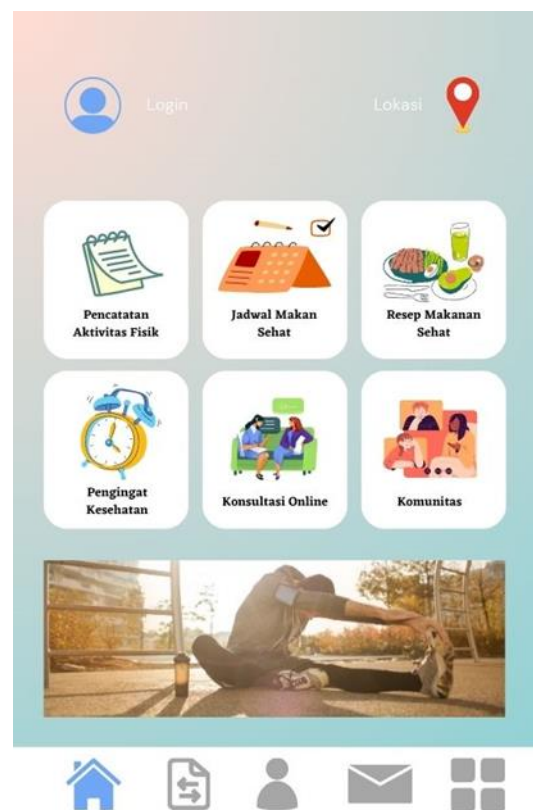


Figure 4. SEKA application feature menu

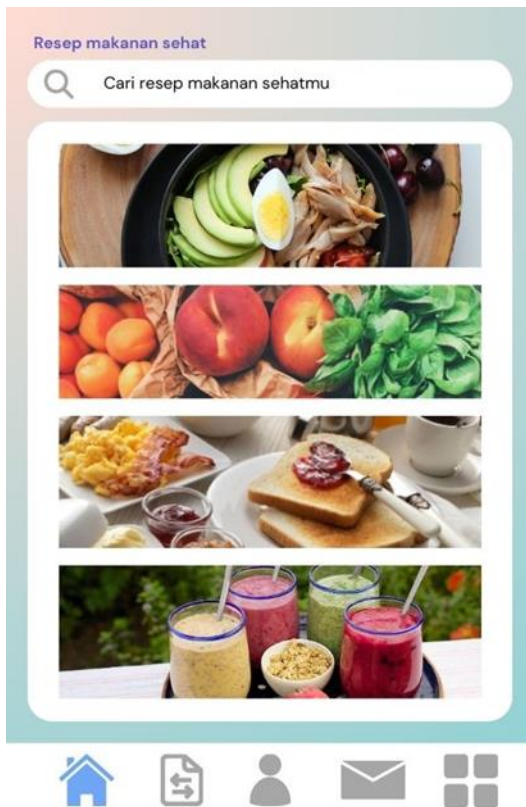


Figure 5. SEKA application features

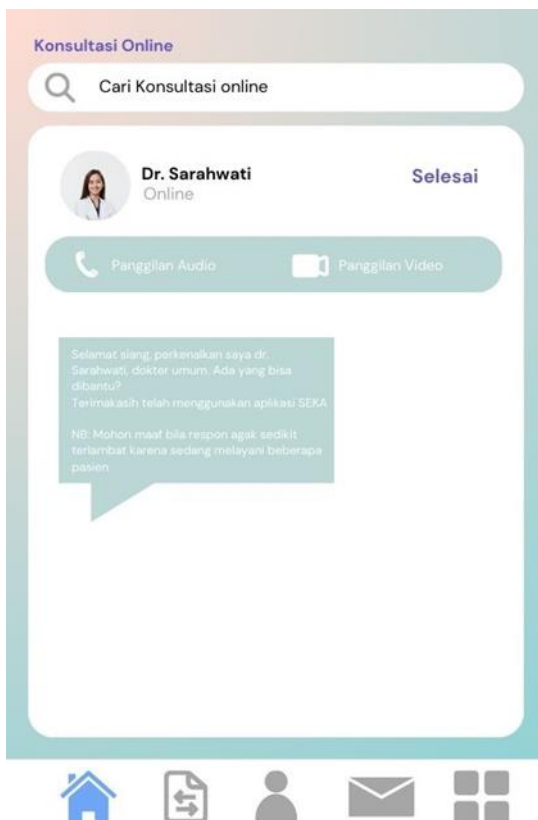


Figure 6. SEKA application features

CONCLUSIONS AND RECOMMENDATIONS

A. Conclusion

Based on research on campus healthy applications, it can be concluded that the use of campus healthy applications has great potential to improve student health and well-being. These apps can provide useful information, facilitate access to health services, and provide features that promote a healthy lifestyle. In this study, it was found that college students tended to respond positively to using campus healthy apps and reported benefits in increasing health awareness and helping them manage a healthy lifestyle.

B. Suggestion

1. Continue to develop Diverse Features: To increase the effectiveness of campus healthy applications, it is important to continue to develop features that are useful and relevant to students.

2. Personalization and Tracking through campus access : Healthy campus apps can provide greater benefits if they can personalize the user experience. For example, by providing health recommendations tailored to individual needs and preferences. In addition, tracking activity and health progress can help students monitor their progress and provide additional motivation.

3. Integration with Campus Facilities: It is important to integrate campus health applications with existing health facilities and services on campus. This can make it easier for students to access medical care, appointments with nutritionists, or health programs organized by the campus.

4. Promotion and Education: Resources need to be allocated to promote and educate students about the benefits of using healthy campus applications. Effective marketing campaigns, introductory sessions, and collaboration with student organizations can help increase awareness and adoption of this app.

5. Evaluation and Feedback: It is important to continue to evaluate and get feedback from users of the campus healthy application. This will assist in continuous updates and improvements to enhance the user experience and the success of the campus wellness program.

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