

Relationships Education Level of Parents

With Kids Healthy Lifestyle

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Accepted: August 9 2016	Reviewed: September 5, 2016	Published: October 20 2016
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Abstract: This article is about a research Aimed at finding out the correlation between parents' educational level and elementary school children's pattern of healthy living in Depok, Sleman, Yogyakarta. The research population consisted of 1,600 parents of 5th grade students from 56 state elementary schools in Depok, Sleman, Yogyakarta (DIY). As the research sample, 300 parents from nine public elementary schools were selected by using proportional random sampling. The result of a descriptive analysis reveals that 86.3% of elementary school children's pattern of healthy living in Depok, Sleman, Yogyakarta is Categorized good and 42.7% of Reviews their fathers and 38.3% of Reviews their mothers are senior high school graduates. The result of a correlation analysis reveals a significant correlation between parents' educational level and state elementary school children's pattern of healthy living in Depok, Sleman, Yogyakarta.

Keyword: parents educational level, children's pattern of healthy living.

Introduction

Annual report 'The Progress of Nations 1995 which launched UNICEF in Indonesia, Wednesday, June 14, 1995, states that the number of deaths Toddlers in Indonesia was ranked the fourth-highest in the world after India, China, and Nigeria. Cases of maternal mortality in Indonesia is ranked fourth highest in Asia Pacific, after Papua New Guinea, Cambodia and Myanmar. Roger Shrimpton (UNICEF representative in Indonesia) in the book launch at UNICEF's office in Jakarta, said that despite Indonesia's economy has increased as indicated by the GNP continues to increase, the rate of infant

mortality and maternal experienced no significant decline. Conditions have not improved even tend to worsen already being felt since ten years ago, looking at the situation of sanitation in Indonesia. Even to this day still continues sanitary conditions, and has not been a significant drop. Many children have diarrhea and vomiting even until someone dies.¹ Based on data from the Provincial Health Office, with diarrhea 2005 was 40 504 people, up to 28% than in prior years.² UNICEF fully supports respect for the rights of children through cooperation and assistance to government institutions and organizations, non-governmental organizations working in the field development of childhood (through health, nutrition, water and sanitation), basic education, and protection of the children who are most vulnerable. For the years to come shortly, UNICEF has prioritized education for girls, the development of early childhood unified, immunization "plus", fighting HIV / AIDS, and to improve the protection of children from violence, abuse, exploitation and discrimination. UNICEF gives special attention to children affected by the conflict. Although the quality of education in Indonesia continues to improve, said Stephen, Indonesia must continue to work hard. "Currently the Indonesian education, still below Singapore, Malaysia, and Brunei," he said.³ For UNICEF, water and environmental hygiene - clean water for drinking, cooking and bathing, as well as the provision of proper toilet facilities are part of the core functions of the program.⁴ In emergencies, infectious diseases can be started only with one drop of dirty water.

Child mortality remains a serious problem in Indonesia. Reduce mortality obviously need access to good health, quality of birth care and

¹ UNICEF, *The Progress Of Nation* (Indonesia: Laporn Tahunan, 1995).

² Dinas Kesehatan Provinsi DIY, *Perkembangan Penderita Diare Di DIY* (Kompas, 13 April 2006).

³ UNICEF, *The Progress Of Nation*.

⁴ UNESCO, *Educational Studies And Document* (New Trends in Youth Organization, Number 35)

management of childhood illnesses good. Besides, it needs to be supported better environmental health. For example, with the provision of clean water and sanitation, communicable disease control, and good maternal nutrition. No less important is the environment that provides protection against the risk of children from violence, abuse and exploitation.

From the above data, it appears that all of it, due to lack of awareness of parents about the importance of healthy lifestyles for children and their families. The foregoing if left continuously, it will result in less good for the health of themselves and the environment.

Education is a process to improve the culture of human dignity. Through education for all sections of society, including women's participation is expected to increase. The knowledge and skills acquired through formal education, non-formal and informal supplying them to play a role in the development activities primarily within the family. According to Soemantri Wardoyo that the education of rural housewives in Bantul still relatively low, more than 49% had not completed primary school never even schools.⁵

From the description above, the writer tries to discuss how the relationship between education level of parents with healthy lifestyle primary school children in Depok Sleman Yogyakarta.

A. Healthy Lifestyle

Talk about a healthy lifestyle can not be separated from healthy grasp the meaning itself. Many opinions about healthy, as According to Law No. 23 of 1992 is "Health" is: "Health is a state of being of body, soul and social enable everyone to live socially and economically productive."⁶ While understanding

⁵ Soemantri Wardoyo dkk, *Peran Ibu Rumah Tangga Terhadap Kebiasaan Hidup Sehat Dalam Keluarga*, Laporan Penelitian, (Yogyakarta: FPIPS IKIPN,1993), 36.

⁶ Undang-Undang Kesehatan RI No. 23 Tahun 1991.

the sound according to the World Health Organization (WHO) in 1945 is as follows: *Health is a state of complete physical, mental and social well-being and not Merely the absence of disease and infirmity.* That is, health is the state of perfect physical, social and spiritual one, not only free from illness / disease or infirmity.

Health question is the physical health of individuals or entities. Healthy lifestyle can be identified with a clean lifestyle, because with it one can maintain the cleanliness or avoid the disease. Hygiene (sanitation) include: 1) for sustainability Sihan home; 1) the cleanliness of the page; and 1) good personal hygiene body hygiene, food, and clothing.

The degree of a person's health is influenced by four factors: 1) heredity; 2) factors of health services; 3) behavioral factors; and 4) environmental factors, both physical environment, biological, and social. The last two factors, a factor which is a great effect on people's health. Behavioral and environmental factors, including personal health efforts and neighborhoods. According Entjang, personal health efforts is the effort of man by man to maintain and enhance the degree of his own health.⁷

Based on some opinions about a healthy sense of the above, there are three components of healthy related, that their healthy physical, spiritual one, and socially. Meaning can be defined not healthy dalarrt not a negative sense, free from pain, but in a positive sense as a state in which the body is ready to perform an activity. All organs of the body to function optimally in response to the reasonable demands and to do, and can to repair itself properly to the situation and restore itself to carry out further activities.

In line with the above opinion, Hanlon stated that it includes a healthy state in a person to still have the ability to take charge full physiological and

⁷ I. Entjang, *Ilmu Kesehatan Masyarakat Cet. X* (Bandung: PT. Citra Abadi, 1991), 16.

psychological.⁸ Another opinion on the definition of a healthy life according to Islam put forward Ahmad and Salam are living *diridoiNya*, which is a fairy-behavior that always *diwamai* by obedience to all His commands and avoid His prohibitions.⁹

Based on some healthy definitions mentioned above, it is clear that the size of the sound is very high value, which is mentioned in a perfect state. Not only for the healthy state of physical or *rokhannya* healthy, but should be perfect overall good physical, social and spiritual one. Good health status would be achieved if there is an effort to behave in a healthy life.

Attempts to behave in a healthy life as follows.

1. Maintaining hygiene (body, clothing, housing and *Lingkungan's*). Maintaining health is a preventive measure of a person. Various preventive measures are: a) to bathe regularly; b) wash your hair regularly; c) nails clipped regularly; d) regular brushing and correct movement; e) washing hands before eating; f) washing the feet before going to bed; g) clothes are always clean.
2. Healthy food (clean, sufficient quality and quantity). These dietary factors are also very important to get attention, especially in terms of sanitation, for example in the selection of foods we choose are still fresh and intact. Clean in processing or process food by washing shortly before processing, processing equipment or tools *hidang* used in a clean state. In addition to clean and nutritious food should be adequate for the needs and activities of individuals.
3. Regimentation. There is a balance between sleep, work and rest. Good sleep was between 8 hours in a day and a night, when the lack of sleep and the body will feel tired and sleepy. Long working time is not the same

⁸ Mariyati Sukami, *Kesehatan Keluarga Dan Lingkungan* (Bogor: PAU Pangan dan Gizi, 1989), 1.

⁹ WP Ahmad dan MA Salam, *Islam, Etika, dan Kesehatan Cet. I* (Jakarta: CV Rajawali, 1986), 162.

person Tergan-tung occupations. Break needs to be done when it is tired, because the body will give us the code when it's time for a break.

4. Increase endurance. Efforts to increase endurance can be done in various ways such as exercise regularly adjusted age and needs. Eat regularly, take vitamin and mineral supplement in accordance with the needs of the body, vitamin B and other - the other.
5. Avoid the occurrence of the disease. How to avoid the disease can be carried by not talking too close to people who are sick, especially communicable diseases, wash hands and feet after traveling and exposed to dust, being careful to act like a knife, walked the Ian foot, riding and so Iainnya ,
6. Improve intelligence. This effort is essential to improve health, especially these spiritual health by fostering knowledge and abilities such as reading, broaden your horizons, as well as the need for a strong religious foundation.
7. Completing the house with healthy living facilities. Permanent houses, tiled, fertilasi enough, mata hari rays can enter the house, available sources of clean water, no toilet / latrine healthy, there are landfills and sewage was good, the availability of first aid supplies at home.
8. Medical examination. The medical examination is very important to do well when healthy or diseased. Prevention would be better than to cure, in addition to savings, we can know the disease early. The examination includes: dental examinations, and regular eye on the child every six months. The medical examination was conducted to determine what disease that affects, for immediate treatment or to the doctor when the body feels no pain. Keep in mind that the body weight does not terlapas of the disease, but if we do not seek to maintain health, it will feel the loss

itself, given the cost to doctors and drug prices are still deemed too high or expensive.

As expressed by Adam Smith et al. in microeconomic theory, the doctrine of economic growth based on the principle that human beings in all actions driven oleh own interests. Jeremy Bentham saw man as a creature that takes into account and consider the cost-benefit to be gained from any behavior that would be done. This applies dalam maintain body health and the environment. Prevention efforts will be better, when compared with the healing action.¹⁰

Other theories related to health issues, developed by Herzberg, namely the theory of two factors (*Motivator-hygiene theory*), which suggests that satisfaction with the work about a man that is affected by a factor that is often called satiation factor. On the other hand, on the implementers themselves are dissatisfaction with the so-called health factors. The availability of health factors means disallows a healthy work environment, healthy both physically and mentally healthy.¹¹

Health efforts on elementary school children are already many dilakukan through the School Health Unit (UKS). The purpose of UKS according Entjang, is to achieve health is a state of all school children and the environment so as to mem-given opportunity to grow and develop hannonis and learn efficiently and optimally.¹²

According Zamroni, a healthy lifestyle is closely related to life expectancy in the future, values and attitudes towards life mastery of knowledge, awareness, healthy living. In this context the need for attitudes that lead to the formation of habits that are embedded in the child such as: 1)

¹⁰ BDH. Swastha dan Hani Handoko, *Manajemen Pemasaran Analisa Perilaku Konsumen* (Yogyakarta: Liberty, 1987), 27.

¹¹ I. Gitosudarmo, *Prinsip Dasar Manajemen Edisi ke-3, Cet. I* (Yogyakarta: BPEF, 1996), 82.

¹² I. Entjang, *Ilmu Kesehatan Masyarakat*, 120.

bathing regularly at least twice a day; 2) brushing teeth after meals and before going to bed; 3) wash hands before eating; 4) wash your feet before going to bed; and 5) wash your hair regularly, and others. These habits will eventually become the pattern in this case a healthy lifestyle.¹³

There are three important factors cause someone unhealthy (ill), namely; 1) disease (from within and from outside the body); 2) human; and 3) the environment. If any of the three factors are imbalance then, the disease arises. But if between all three factors can be balanced, then someone will be healthy.

B. Level of Education Parent

Education is an important part of any business and the development of a nation state, because education is expected to change. The change then all the different needs, attention and activity will be increasingly complex in every human person. Whiterington argued that education is a process that is deliberately done to develop one's personality and abilities.¹⁴

As is the personality is seluruh a person's behavior, ranging from how to think, act, and act including the underlying worldview. Education in the primary and the family is the first by-kan by parents to their children. The education be-fine example and guidance. Exemplary parent in the form of values attitudes and behaviors that would be a fad pattern for their children, while the parental form of advice about the values, attitudes, behavior is worth doing well in life and society keluarga.

Education can be broadly interpreted start since human beings are born and lasts throughout life. Pendi-formal tance taken with the aim of obtaining a certain level of education an individual basis. The concept of barn about

¹³ Zamroni, *Faktor-Faktor Yang Mempengaruhi Perilaku Orientasi Hidup Sehat Di Kalangan Remaja* (Yogyakarta: FPIPS IKIP, 1993), 5.

¹⁴ Whiterington, *Educational Psychology* Terj. M. Buchori (Bandung: Jemmars, 1984), 17.

education were developed UNESCO, erusaha unite all educational activities both in school, out of school in the wider society and in the family of integrated lifelong, often called the "*Lifelong Learning and Distance Higher Education*" or lifelong education integrated. This concept is understanding that there are two esen-pesky namely: 1) education must walk a man's lifetime from birth to death; and 2) education should be an integrated activity between educational activities at school and outside of school. If we look at the concept of education developed by UNESCO, the first section explains that education should not only prepare young men to become members of adult society, but it becomes imperative for adult groups if they want to live in harmony or not behind the development of society. Then the second part explains that education can integrate a variety of activities in the community, both in formal education, education organization, education in the workplace or socially broadly.¹⁵

Arguments presented supporting this theory is people who have a higher education level, which is measured also by the length of the school day, will have jobs and better wages than lower educated. What-if wages reflect productivity, then more and more people who have a higher education, the higher the productivity and the results of the national economy will grow taller.

Based on the description of the theory as mentioned above, it can be concluded that the level of education is closely related to the willingness of individuals to follow or can be said to depend on the awareness of the importance of education and obtain pengetahuan. Extra time for education will increase awareness on the one hand and add to the development of knowledge on the other. As it is said Purwanto, that the quality of education and teaching provided by the teacher is influenced by education level where the higher the person's education level, the higher the quality of education and teaching it

¹⁵ UNICEF, *Masa Usia Dini* (Directory Peace Building Indonesia, 20 Juni)

receives and the higher the degree of society.¹⁶ Meanwhile, in front of the Journalists Forum Care Education (Forta), Abdul Malik Fadjar, said the success of the education system can be seen from the ability of graduates to use the results of education for life. Therefore, a good education system should be able to provide supplies for the graduates to face life or provide *life skills* in learners. "Logically, the higher a person's level of education the higher the role they may play in the life of society," said Malik Fadjar.¹⁷

Departing from such logic, Malik reminded that education is not dead things that can not be changed. Talking about education means speech problem that involves many aspects of life. The more sharply highlighted education, it further proves that education has live motion.

According to Ware Halen levels of education, both for women and men commonly measured by one of four ways: 1) as the dichotomy between illiterate and literate; 2) the length of the school year were settled; 3) the highest education level achieved; and 4) the qualifications or a degree achieved. Through education, people can do the classification, gives meaning to something, and gave the interpretation of something. The level of education a person has in this case the parents have a relationship with the ability to perform the role as educators. How to measure the level of education of parents in this study, using the second way is by the length of the school year were settled.¹⁸

C. Education Level of Parents and Children Healthy Lifestyle

In principle that education is a mut-lak needs must be met by everyone. Education usually determine the type of work that is selected as the source of

¹⁶ NM. Purwanto, *Pendidikan Teoritis Dan Praktis* (Bandung: Remaja Karya, 1984), 170.

¹⁷ Abdul Malik Fajar, *Pendidikan Berorientasi Life Skill* (Kompas, edisi 2 Januari 2002).

¹⁸ M. Singarimbun, *Kelangsungan Hidup Anak* (Yogyakarta: Gajah Mada University Press, 1988), 261.

life and how-jutnya determine family income. According Mumiati Sulastri, mother's education level also have an influence on children's development. This is due to an educated mother will be able to motivate, guide and parenting¹⁹ According Astuti, the higher the level of education in general, the greater the opportunity to earn more income. With an adequate income expected family members get nutritious food, better health care and the environment are relatively in line with expectations.²⁰

Someone will go forward and succeed when supported by adequate or good education. Likewise, parental education has a close connection with his duties as an educator first and foremost for children. Education can be broadly interpreted start since human beings are born and lasts throughout life. Through education will be obtained development of society, so it can be presumed that the addition time for education will increase awareness on the one hand and the development of knowledge on the other. The duty of parents to give education, nurturing and guiding the child should be with patience, can be friends and be an example for his son.

Since the content of the education of children has been received from parents through, attitudes, habits, and instances of behavior. If the parents do not have the knowledge or education level was quite good and knowledgeable about health, food / nutrition, how to educate children, how to get along with the surrounding communities, as well as the knowledge or skills related to the job, so as to provide education to children of course also in accordance with what is owned. On the contrary, if parents have enough knowledge or higher education or a good, broad horizons, then in providing education to the

¹⁹ Suryatinah dan T. Wakiman, *Pengaruh Pendidikan Orang Tua, Pekerjaan Orang Tua, dan Motivasi Berprestasi Terhadap Prestasi Belajar Mahasiswa PGSD D-II FIP IKIP* (Yogyakarta: FIP IKIP, 1993), 10.

²⁰ SI. Astuti, *Hubungan Antara Tingkat Pendidikan Dan Pekerjaan Orang Tua Dengan Tingkat Kesehatan*

children will be good also in accordance with what they have.

The education level of parents who menentuklan attitude, kebiasa's, and his behavior will result directly or indirectly to his son, milsalnya in feeding, caring for children, and others. Moreover, what is done by the parents will be emulated by their children.

D. Research Methods

Survey research was conducted in Depok Sleman Yogyakarta Region Istitnewa. Depok selected as the research under consideration from 17 Districts with the number of 466 primary schools, the highest number at 56 primary schools, located in Depok Sleman Yogyakarta. The experiment was conducted in 2015.

The respondents were parents of public elementary school students in grade 5 in Depok Sleman Yogyakarta. The sample is determined by proportional random sampling. The number of samples is determined based on the table Krejcie and obtained 300 respondents from a population of 1600 respondents with an error rate of 5%. Data parental education be obtained through a questionnaire with 11 alternative answers, while the data of healthy lifestyles of children using a questionnaire with four alternative answers (Likert scale). Indicators of a healthy lifestyle-liputi me: 1) physical; 2) diet; 3) patterns of rest; 4) patterns of play; 5) clothing; and 6) the environment. Data analysis was carried out de-ngan descriptive statistics and correlation

E. Results and deliverance

1. Results

After analyzing the data, the obtained results are deskriptif yang research will be presented in the following table.

Table 1 Distribution of Healthy Lifestyle Children

Percent (%)	Frequency	Category
7.7	23	Good
86.3	259	Self
6.0	18	Less
0.0	0	Not good
100.0	300	Total

Table 1 informs that 6% (18 students) have a healthy lifestyle is not good, 86.3% (259 students) including enough category, and 7.7% (23 students), including both categories. It can be concluded that a healthy lifestyle of children in public primary schools, grade 5, in Depok Sleman Yogyakarta Special Region included in the category enough.

Table 2 Distribution Education Level

Mother			Father	Level
Percent (%)	Frequency	Percent (%)	Frequency	Education
28.0	84	15.3	46	SD
12.0	36	15.3	46	JSS
38.3	115	42.7	128	High School
6.3	19	12.7	38	Diploma
10.7	32	9.3	28	SI
4.7	14	2.7	8	S2 & S3
-	-	2.0	6	Missing
100.0	300	100.0	300	Total

Table 2 informs, that the majority of the father of primary school

children Depok 42.7% (128 persons) 8LTA, 15.3% (46 persons) 8D, 15.3% (46 persons) 8LTP, 12.7% (38 persons) diploma, 9.3% (28 persons) 81, and 2.7% (8) berpendidik late 82 and 83, 2% (6) missing / not answered. Education Capital 38.3% (115 people) 8LTA, 12% (36 people) 8LTP, 28% (84 people) 8D, 6.3% (19 people) diploma, 10.7% (32) 81, and 4.7% (14) 82 . thus, it can be concluded that the level of parental education in public primary school students in grade 5, in Depok Sleman Yogyakarta Special Region long time the majority of studies included enough (SLTA = 12 years).

The results of inferential was obtained correlation $r = 0.138$; $P = 0.008$. Based on these results mean ting-kat relationship of parent education • healthy lifestyle public elementary school children in Depok, Sleman, Yogyakarta Province, positive and significant.

2. Discussion

In accordance with the needs and development of the times, a healthy lifestyle of children still need to be developed and improved. This can be done by increasing the education level of the parents, because the parents' education level positively and significantly associated with a healthy lifestyle of children. The education level of parents associated with: the pattern of view, this type of work as well as the impact on earnings (salary / wages). With an adequate income, the family's needs as the needs of food, clothing, housing and health will be satisfied.

On the other hand, there are parents who are materially capable, but do not know how to keep children healthy, such as lack of attention to the nutritional diet of children, many prepared foods (instant), lack of attention to the health of the teeth so that the teeth of children a lot of holes, lack of attention to health eyes so that small children had to wear glasses minus.

Most parents' education level is high school, Mom and Dad 42.7%

38.3%; and healthy lifestyle of children categorized quite as much as 86.3%. See the above data, the parents of elementary school students in Depok Sleman already at an intermediate level, so that the health condition of children is expected to be even better. Healthy lifestyle can be enhanced with better if the parents' education level has increased as well. The education level of the parents, it can be improved in various ways such as reading, always keep up with technology, whether formal, non-formal, or informal, as the new concept of education developed by UNESCO that seeks to unite all educational activities both in the family, school and in the wider community, in an integrated manner that lasts a lifetime.

The results of this study supported by the opinion Purwanto (1984: 170), that the quality of education and teaching provided by the teacher is influenced by the level of education, the higher the level of one's education, the higher the quality of education and teaching it receives, the higher the degree of society. Astuti (1991: 170) says there is a correlation between education level of parents with children under five health level.

Education is a process to improve the culture of human dignity. With education, hopefully will be a positive change from the old individu/orang, so that will greatly affect the healthy lifestyle of children.

The degree of a person's health, including children, can be influenced by four factors: a) native; b) health services; c) behavior; and d) environment. Behavioral factors and environmental factors are factors that have a great effect on people's health. Child's health history will affect the child's health condition further. Small children who since maintained their health tend to have a strong immune system, so it is not susceptible to disease on a per-plant stage further.

High rates of child illness and numbers to nail a baby and toddler in Indonesia can be resolved by memper-hatikan sanitation and environmental health, such as clean water consume, defecation / small at a decent latrine, and

not littering. Thus, diseases that afflict many children such as diarrhea, dengue fever, will be overcome, if the children live in a healthy environment and eating nutritious foods.

Closing

A. Conclusion

Based on the results of research and discussion, we can conclude the following things.

1. The majority of parents' education level of high school and a healthy lifestyle in the public elementary school children Depok Sleman Yogyakarta including the category enough.
2. There is a significant relationship education level of parents of children with a healthy lifestyle.

B. Suggestions

Based on the results it can be suggested that the majority of parents' education level high school and a healthy lifestyle in children enough children, parents' education level associated with a healthy lifestyle of children, the healthy lifestyle of children needs to be improved. As for improving healthy lifestyles of children can be done by increasing parental education, whether formal, non-formal, or informal, as the new concept of education developed by UNESCO that seeks to unite all educational activities that take place in school, outside of school, in the community comprehensive and integrated manner in the family that lasts a lifetime.

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