

## ABSTRAK

### **Peran Spiritualitas dan Kohesivitas Keluarga Terhadap Gaya Hidup Sehat Pada Dewasa Muslim di Jakarta Serta Tinjauannya Menurut Islam**

Beberapa tahun belakangan ini, fenomena *Halal lifestyle* menjadi tren di Indonesia terutama berkaitan dengan gaya hidup sehat. Banyak penelitian yang telah menyatakan bahwa unsur spiritualitas dan agama dapat mendorong gaya hidup sehat seseorang. Selain itu, kelekatan antar keluarga atau disebut kohesivitas keluarga juga dikatakan memiliki kaitan dengan berkembangnya gaya hidup sehat. Namun, belum diketahui bagaimana kontribusi dua variabel ini terhadap gaya hidup sehat pada dewasa muslim. Oleh karena itu, penelitian ini ingin mengetahui peran spiritualitas dan kohesivitas keluarga terhadap gaya hidup sehat dewasa muslim. Penelitian ini menggunakan pendekatan kuantitatif dengan desain asosiatif. Partisipan dalam penelitian ini berjumlah 83 orang dewasa muslim di Jakarta dengan rentang usia 18-40 tahun. Teknik analisis data yang digunakan adalah analisis regresi berganda. Hasil uji hipotesis menunjukkan bahwa spiritualitas dan kohesivitas keluarga berperan terhadap masing-masing dimensi gaya hidup sehat pada dewasa awal muslim di Jakarta. Menurut pandangan Islam, spiritualitas dan kohesivitas keluarga berperan terhadap gaya hidup sehat berpedoman pada al-Qur'an dan hadis.

Kata kunci: *Gaya Hidup Sehat, Spiritualitas, Kohesivitas Keluarga*

## **ABSTRACT**

### ***The Role of Spirituality and Family Cohesiveness on Healthy Lifestyle in Muslim Adults in Jakarta and Its Overview according to Islam***

In recent years, halal lifestyle has become a trend in Indonesia, especially related to a healthy lifestyle. Many studies stated that spirituality and religion can encourage a person to apply a healthy lifestyle. In addition, inter-family attachment or known as family cohesiveness was also related to the development of a healthy lifestyle. However, it is not known how these two variables contribute to a healthy lifestyle in adult Muslim. Therefore, this study aimed to determine the role of spirituality and family cohesiveness on the healthy lifestyle of young adult Muslims. The study was a quantitative approach with an associative design. Participants were 83 Muslims in Jakarta, aged 18-40 years old and selected by accidental sampling technique. The data were analyzed by multiple regression method. A healthy lifestyle was measured by six dimensions of HPLPII, namely physical activity, nutrition, self-health responsibility, interpersonal relationships, stress management, and spiritual growth. The results showed that spirituality and family cohesiveness simultaneously had significant role in each dimension of a healthy lifestyle in young adult Muslims in Jakarta with the largest contribution of 36.5% to spiritual growth and 7.6% to nutrition. According to Islamic perspective, spirituality and family cohesiveness had role in a healthy lifestyle as a form of worship and gratitude for the blessings that Allah has given as described in the Al-Quran and Hadith.

*Keywords: Healthy life style, spirituality, family cohesion, young adult Muslims*