

ABSTRAK

Gaya hidup mahasiswa dapat dipengaruhi secara oleh teman-teman di kosan, lingkungan sekitar, budaya lokal, dan tingkat rasa ingin tahu mereka. Teman-teman di kosan seringkali menjadi pengaruh utama dalam menentukan kebiasaan sehari-hari siswa, seperti pola makan, kegiatan rekreasi, dan kebiasaan belajar. Oleh sebab itu, riset ini bertujuan buat mengenali alterasi frekuensi olahraga, durasi belajar, dan cara belajar antara mahasiswa yang tinggal di perkotaan serta yang tinggal di pedesaan serta prestasi akademik mahasiswa Fakultas Kedokteran Universitas Prima Indonesia. Pengecekan cross-sectional di Fakultas Kedokteran Universitas Prima terdapat 60 mahasiswa. Pemeriksaan cross-sectional terhadap 60 mahasiswa Fakultas Kedokteran Universitas Prima Indonesia menjadi fokus penelitian ini. Variabel yang diukur dalam riset ialah variabel independen yaitu gaya hidup mahasiswa urban dan gaya hidup mahasiswa rural, sedangkan variabel dependennya yaitu hasil belajar dilihat dari nilai Indeks Prestasi Kumulatif (IPK). Hasil uji korelasi spearman rank menunjukkan hubungan frekuensi olahraga, durasi belajar, cara belajar dan total gaya hidup mahasiswa masing-masing memiliki besaran p ialah 0.043, 0.050, 0.000, serta $0.006 < 0,05$ sehingga disimpulkan bahwa secara parsial, masing-masing frekuensi olahraga, durasi belajar, cara belajar dan total gaya hidup mahasiswa memiliki hubungan yang signifikan terhadap hasil pembelajaran mahasiswa/i Fakultas Kedokteran Universitas Prima Indonesia.

Kata kunci: Gaya Hidup, Urban, Rural, Hasil Pembelajaran

ABSTRACT

A student's lifestyle can be influenced by their studio housing friends, the surrounding environment, local culture, and their level of curiosity. Friends in the boarding house are often the main influence in determining students' daily habits, such as eating patterns, recreational activities, and study habits. Consequently, this research aims to identify requeryency of exercise, length of study, and type of study between students who live in urban areas and those who live in rural areas and the academic achievements of students at the Faculty of Medicine, Prima Indonesia University. Cross-sectional checks at the Prima University Faculty of Medicine included 60 students. A cross-sectional examination of 60 students from the Faculty of Medicine, Prima Indonesia University was the focus of this research. The variables measured in the research are independent variables, namely the lifestyle of urban students and the lifestyle of rural students, while the dependent variable is learning outcomes seen from the Grade Point Average (GPA). The results of the Spearman rank correlation test show that the relationship between exercise frequency, study duration, study method and total student lifestyle respectively has a p value of 0.043, 0.050, 0.000, and $0.006 < 0.05$, consequently it can be concluded that, in part, each student's exercise frequency, study time, study mode and overall lifestyle have a significant relationship with their academic performance. student at Faculty of Medicine, Prima University Indonesia.

Keywords: Lifestyle, Urban, Rural, Learning Outcomes