

# **CLEAN AND HEALTHY LIVING BEHAVIORS OF STUDENTS OF SPORTS EDUCATION, YOGYAKARTA STATE UNIVERSITY AND UNIVERSITY PUTRA MALAYSIA AS AN EFFORT TO PREVENT THE SPRAY OF COVID-19**

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## **ABSTRACT**

This research is a descriptive study, to describe the clean and healthy behavior of students of the Yogyakarta State University and Universiti Putra Malaysia Sports Education as an effort to prevent Covid-19. The type of data used is quantitative data. This type of research is descriptive research with survey methods.

The population in this study were students of Sports Education at Yogyakarta State University and Universiti Putra Malaysia. Determination of the sample in this study using the proportional random side with a total of 215 samples consisting of 116 UNY students and 99 UPM students. The instrument used was a questionnaire. The data analysis technique in this research is using a percentage descriptive data analysis technique.

This study concludes that the clean and healthy life behavior of Yogyakarta State University Sports Education students is very high criteria consisting of 15 students (13%), high consisting of 50 students (43%), sufficiently consisting of 43 students (37%), low consisted of 8 students (7%), and very low consisted of 0 students (0%). Meanwhile, the Sports Education students of Universiti Putra Malaysia in very high criteria consisted of 24 students (24%), high consisted of 38 students (39%), sufficiently consisted of 33 students (33%), low consisted of 4 students (4%), and very low consisting of 0 students (0%).

Kata Kunci: *behavior, clean, healthy, covid-19, students*