

# IDENTIFICATION OF HEALTHY LIVING BEHAVIORS AT SLEMAN PUBLIC ATHLETES

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## ABSTRACT

Health is one of the most important assets that must be owned every athlete because humans will find it difficult to carry out their activities if they do not have good health. For the sake of having a good health condition, an athlete requires high awareness of the importance of having a good lifestyle in his daily life. The purpose of this study is to identify the behavior of life healthy athletes at the Puslatkab PORDA Sleman Regency. The research method used is descriptive quantitative, namely with data retrieval carried out at one time. Design that used to determine the relationship between the independent variable and the dependent variable namely the last education and the number of times the champion. Population in research These are the Sleman District Puslatkab Athletes in 2022 with a total of 100 athletes from 45 Sports. The sample selection technique is purposive sampling. Instrument This research is by using a questionnaire. Method of analysis by test descriptive statistics, then the data from the results of filling out the instruments were analyzed by using Anova. The conclusion is that the overall quality of life the research subject gets a score of 64.66, then it is included in the sufficient category. While the correlation between a healthy lifestyle and the achievements achieved is only 0.1% meaning that it is not significant and does not meet the criteria.

Kata Kunci: *Identification, Healthy Lifestyle, Athletes of the Sleman District Training Center.*