

## ABSTRACT

SUNNI MEDINA. **Effect of Personality (Extraversion vs Introversion) on Health Behavior of High School Students in Jakarta.** Undergraduate Thesis. Jakarta: Biology Education Program, Faculty of Mathematics and Natural Sciences. State University of Jakarta. 2017.

Health is very important for all humans, because without health then every individual will be difficult in doing daily activities. Health behavior affects the quality of life because with a health behaviors a person can avoid the attack of disease, so have a health physical and mental condition. Individual behavior in maintaining health can be influenced one of them by the personality factor. In the personality factors that influence health behavior such as extraversion and introversion, introversion and extraversion personality types describe the uniqueness of the individual in behaving towards the stimulus as a manifestation of individual character, temperament, physical and intellectual in adapting to their environment. In other words personality affects health behavior. This research was aims to determine the effect of personality on health behavior of students at SMAN 30 Central Jakarta. This research was conducted at SMAN 30 Central Jakarta from February to March 2017. The research method used is ex-post-facto. Sampling by technique sampling was done through simple random sampling technique with 54 students of class XI MIPA. The result of normality and homogeneity test showed the sample data came from normal and homogenous distribution population. The result of hypothesis tested indicated that there was no significantly effect between healthy behavior of students who have extraversion personality or students who have introversion personality.

Keywords: health behavior, ekstraversion, intraversion, high school students in Jakarta