

ABSTRAK

NENG ANTY HARDIYANTY

PENERAPAN *HEALTH BELIEF MODEL* DALAM PERILAKU *SELF MANAGEMENT* PENDERITA HIPERTENSI USIA PRODUKTIF DI KELURAHAN PALABUHANRATU WILAYAH KERJA PUSKESMAS PALABUHANRATU KABUPATEN SUKABUMI

Tingginya angka kejadian hipertensi mengakibatkan semakin banyaknya komplikasi yang mengarah pada penyakit kardiovaskular dan kematian yang dapat dikendalikan dengan upaya *self management* hipertensi Teori *Health Belief Model* (HBM) menyebutkan bahwa perilaku kesehatan dipengaruhi oleh faktor *perceived susceptibility, perceived seriousness, perceived benefit, perceived barrier, dan cues to action*. Tujuan penelitian ini untuk mengetahui penerapan *Health Belief Model* dalam perilaku *self management* penderita hipertensi usia produktif di Kelurahan Palabuhanratu wilayah kerja Puskesmas Palabuhanratu Kabupaten Sukabumi. Metode penelitian observasi analitik dengan pendekatan *cross sectional* serta menggunakan analisis uji *Rank Spearman* dengan melibatkan 241 responden. Berdasarkan hasil penelitian menunjukkan bahwa terdapat hubungan yang antara persepsi kerentanan, persepsi keseriusan, persepsi manfaat, persepsi hambatan dan isyarat untuk bertindak dalam perilaku *self management* penderita hipertensi usia produktif di Kelurahan Palabuhanratu wilayah kerja Puskesmas Palabuhanratu Kabupaten Sukabumi. Saran bagi responden untuk lebih menggali informasi mengenai perilaku *self management* hipertensi, responden juga diharapkan untuk lebih menerapkan olahraga untuk menurunkan berat badan sekitar 30-60 menit setiap hari untuk mengoptimalkan perilaku *self management*, memperbaiki persepsi keseriusan terkait persepsi jika penyakit hipertensi bisa dikontrol, memperbaiki persepsi hambatan terkait pentingnya menjaga pola makan dengan baik, melakukan diet sehat, olahraga, mengkonsumsi obat hipertensi walaupun tekanan darah normal serta mengontrol berat badan dan asupan garam karena hal tersebut sangat penting untuk pengendalian hipertensi secara optimal dan memperbaiki isyarat untuk bertindak terkait penggunaan alarm sebagai pengingat mengkonsumsi obat antihipertensi.

Kata kunci: *Self management, Health Belief Model*

ABSTRACT

NENG ANTY HARDIYANTY

APPLICATION OF HEALTH BELIEF MODEL IN SELF MANAGEMENT BEHAVIOR OF HYPERTENSION PATIENTS OF PRODUCTIVE AGE IN PALABUHANRATU VILLAGE, PALABUHANRATU PUSKESMAS WORKING AREA, SUKABUMI REGENCY

The high incidence of hypertension results in more complications leading to cardiovascular disease and death which can be controlled by hypertension self-management efforts. The Health Belief Model (HBM) theory states that health behavior is influenced by perceived susceptibility, perceived seriousness, perceived benefits, perceived barriers, and cues to action. The purpose of this study was to determine the application of the Health Belief Model in the self-management behavior of hypertensive people of productive age in the Palabuhanratu Village, the working area of the Palabuhanratu Health Center, Sukabumi Regency. The research method is analytic observation with a cross sectional approach and using Spearman's Rank test analysis involving 241 respondents. Based on the results of the study, it was shown that there was a relationship between perceptions of vulnerability, perceived seriousness, perceived benefits, perceived barriers and cues to act in self-management behavior of productive age hypertension sufferers in Palabuhanratu Subdistrict, working area of Palabuhanratu Public Health Center, Sukabumi Regency. Suggestions for respondents to dig up more information about hypertension self-management behavior, respondents are also expected to apply more exercise to lose weight around 30-60 minutes every day to optimize self-management behavior, improve perceptions of seriousness related to perceptions if hypertension can be controlled, improve perceptions obstacles related to the importance of maintaining a good diet, having a healthy diet, exercising, taking hypertension medication even though blood pressure is normal and controlling body weight and salt intake because these are very important for optimal control of hypertension and improving cues to act regarding the use of an alarm as a reminder to consume antihypertensive drug.

Keywords: *Self management, Health Belief Model*