

**FAKULTAS ILMU KESEHATAN
PROGRAM STUDI S1- KEPERAWATAN
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ABSTRAK

**HUBUNGAN *HEALTH BELIEF MODEL* (HBM) DENGAN MANAJEMEN
PERILAKU PENDERITA HIPERTENSI DI PUSKESMAS CILEMBANG
KOTA TASIKMALAYA TAHUN 2023**

iii bagian awal + 83 halaman + 15 tabel + 2 bagan + 9 lampiran

Hipertensi sebagai penyakit tidak menular sebagai penyebab utama kesakitan dan kematian. Upaya pencegahan dan penanggulangan hipertensi yaitu dengan manajemen hipertensi seperti melakukan perubahan perilaku hidup sehat. Salah satu pendekatan perilaku adalah adanya keyakinan dalam melakukan pencegahan dan respon terhadap penyakit/ *Health Belief Model* (HBM). Puskesmas Cilembang memiliki angka kejadian hipertensi cukup tinggi, pada periode Januari-Februari tahun 2023 sebesar 914 kasus. Penelitian ini bertujuan untuk mengetahui hubungan *Health Belief Model* (HBM) dengan manajemen perilaku penderita hipertensi. Metode yang digunakan dalam penelitian ini deskriptif korelasi. Sampel sebanyak 93 orang diperoleh dengan teknik *proportional random sampling*. Proses pengumpulan data menggunakan kuesioner dan dianalisis dengan distribusi frekuensi dan uji chi square. Hasil menunjukkan persepsi *Health Belief Model* (HBM) kerentanan sebagian besar memiliki persepsi negatif (52,7%), persepsi keseriusan sebagian besar termasuk negatif (58,1%), persepsi motivasi motivasi sebagian besar termasuk negatif (53,8%), persepsi manfaat sebagian besar termasuk positif (59,1%), persepsi rintangan sebagian besar termasuk negatif (51,5%) dan persepsi *Cues to Action* sebagian besar termasuk positif (51,6%). Perilaku manajemen penderita hipertensi di Puskesmas Cilembang Kota Tasikmalaya Tahun 2023 termasuk baik (57,0%). Ada hubungan *Health Belief Model* (HBM) dengan manajemen perilaku penderita hipertensi. Artinya responden yang memiliki persepsi kerentanan, keseriusan, manfaat, hambatan, motivasi, *cues to action* dengan positif, maka akan meningkatkan perilaku manajemen yang baik. Oleh karena itu, perawat sebaiknya dapat meningkatkan asuhan keparawatan dengan memberikan pendidikan kesehatan cara perawatan hipertensi untuk meningkatkan perilaku HBM.

Kata Kunci : Hipertensi, HBM, Manajemen hipertensi
Pustaka : 34 (2012-2023)

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ABSTACT

**THE RELATIONSHIP BETWEEN HEALTH BELIEF MODEL (HBM)
WITH BEHAVIOR MANAGEMENT OF HYPERTENSION PATIENTS
AT PUSKESMAS CILEMBANG, CITY OF TASIKMALAYA, 2023**

vi opening section + 83 pages + 15 tabels + 2 charts + 9 appendices

Hypertension as a non-communicable disease is a major cause of morbidity and death. Efforts to prevent and treat hypertension, namely hypertension management, such as changing healthy lifestyle behaviors. One of the behavioral approaches is the belief in prevention and response to disease/Health Belief Model (HBM). The Cilembang Community Health Center has a fairly high incidence of hypertension, in the January-February 2023 period of 914 cases. This study purpose was to determine the relationship between the Health Belief Model (HBM) and behavioral management of hypertension sufferers. The method used in this research was descriptive correlation. A sample of 93 people was obtained by used proportional random sampling technique. The process of collecting data using a questionnaire and analyzed with the frequency distribution and chi square test. The results showed that the perception of the Health Belief Model (HBM) of vulnerability mostly has a negative perception (52.7%), the perception of seriousness was mostly negative (58.1%), the perception of motivation was mostly negative (53.8%), the perception of benefits most of them were positive (59.1%), perceptions of obstacles were mostly negative (51.5%) and perceptions of Cues to Action were mostly positive (51.6%). The management behavior of hypertension sufferers at the Cilembang Health Center, Tasikmalaya City, in 2023 is good (57.0%). There was a relationship between the Health Belief Model (HBM) and behavioral management of hypertension sufferers. This means that respondents who have perceptions of weakness, seriousness, benefits, obstacles, motivation, cues to act positively will increase good behavior management. Therefore, nurses should be able to improve nursing care by providing health education on how to treat hypertension to improve HBM behavior

*Keywords: Hypertension, HBM, Hypertension Management
Literature : 34 (2012-2023)*