

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA
FAKULTAS ILMU KESEHATAN
PROGRAM STUDI SARJANA KEPERAWATAN**

**Skripsi, Agustus 2023
Adinda Senja Pamungkas**

**PENGARUH EDUKASI HEALTH BELIEF MODEL TERHADAP STRES
PADA PENDERITA HIPERTENSI DI WILAYAH KERJA
PUSKESMAS TAMANSARI TASIKMALAYA
TAHUN 2023**

ABSTRAK

xiii halaman + 44 halaman + 5 tabel + 1 bagan + 10 Lampiran

Edukasi. *Health Belief Model* (HBM) merupakan salah satu pendekatan promosi kesehatan yang digunakan dalam perubahan perilaku yang berorientasi terhadap persepsi pasien. Tujuan penelitian ini untuk mengetahui efektivitas edukasi *Health Belief Model* dalam perubahan perilaku pasien hipertensi. Metode penelitian yang digunakan adalah penelitian *Quasy Eksperimental* dengan one group pretest posttest design. Populasi adalah penderita hipertensi yang mengalami stress di wilayah kerja Puskesmas Tamansari Tasikmalaya sebanyak 1.794 orang. Sample berjumlah 18 responden. Hasil penelitian menunjukkan bahwa tingkat stres responde sebelum diberikan edukasi memiliki nilai rata – rata 35,61 dan sesudah diberikan edukasi memiliki nilai rata – rata 29,78 dan hasil uji statistik diperoleh nilai $p=0,000$ ($p<0,05$). Kesimpulannya ada pengaruh edukasi terhadap stres pada hipertensi di wilayah kerja Puskesmas Tamansari Tasikmalaya. Diharapkan peneliti ini dapat meningkatkan pengetahuan, keyakinan dan kesadaran responden tentang stres yang mengakibatkan hipertensi.

Kata Kunci : Edukasi, Health Belief Model, Stres, Hipertensi
Kepustakaan : (2014-2022)

**MUHAMMADIYAH UNIVERSITY TASIKMALAYA
FACULTY OF HEALTH SCIENCES
GRADUATE NURSING STUDY PROGRAM**

**Thesis, August 2023
Adinda Senja Pamungkas**

**PENGARUH EDUKASI HEALTH BELIEF MODEL TERHADAP STRES
PADA PENDERITA HIPERTENSI DI WILAYAH KERJA
PUSKESMAS TAMANSARI TASIKMALAYA
TAHUN 2023**

ABSTRACT

xiii halaman + 44 halaman + 5 tabel + 1 bagan + 10 Lampiran

Education. The Health Belief Model (HBM) is a health promotion approach used in behavior change that is oriented towards patient perceptions. The purpose of this study was to determine the effectiveness of the Health Belief Model education in changing the behavior of hypertensive patients. The research method used is Quasy Experimental research with one group pretest posttest design. The population is hypertension sufferers who experience stress in the working area of the Tamansari Tasikmalaya Health Center as many as 1,794 people. Sample amounted to 18 respondents. The results showed that the respondents' knowledge before being given education had an average value of 35.61 and after being given education it had an average value of 29.78 and the statistical test results obtained a value of $p = 0.000$ ($p < 0.05$). In conclusion, there is an effect of education on stress in hypertension in the working area of the Tamansari Tasikmalaya Health Center. It is hoped that this researcher can increase the knowledge, beliefs and awareness of respondents about stress that causes hypertension.

Keywords: Education, Health Belief Model, Stress, Hypertension
Libraries : (2014-2022)