

## ABSTRACT

### **MODEL OF HEALTH ACTION PROCESS APPROACH TO HYPERTENSION PREVENTION BEHAVIOR**

Over time, there was an upward trend of hypertensive patients at a young age. These conditions needed to control the risk factors of hypertension that was behavioral factors or unhealthy lifestyle. It took a concept to motivate individuals in applying hypertension prevention behavior. Therefore, this study aimed to analyze the factors that influence the hypertension prevention behavior based on HAPA theory.

A total of 163 respondents residing in the working area of Tanah Kali Kedinding Public Health Center in Surabaya were involved in the research using cross-sectional design. Primary data included knowledge, risk perception, outcome expectancies, action self-efficacy, behavioral intention, planning, maintenance and recovery self-efficacy and actions collected through self-administered questionnaire. Analysis of influence between variables using path analysis with Warp Partial Least Square version 6.0.

The results show that in the motivational phase, knowledge affects the risk perception ( $p=0,04$ ). Outcome expectancies ( $p<0,001$ ) and action self-efficacy ( $p<0,001$ ) affects the behavioral intention. Meanwhile, risk perception does not affect the behavioral intention. In the volitional phase, behavioral intention ( $p<0,001$ ) and maintenance self-efficacy ( $p<0,001$ ) affect planning. Planning ( $p<0,001$ ) and recovery self-efficacy ( $p<0,001$ ) affect hypertension prevention behavior. Meanwhile, maintenance self-efficacy has no significant effect on hypaertension prevention behavior.

The conclusion is Tanah Kali Kedinding Public Health Center needs to give communication, information and education about the benefits of hypertension prevention behaviour to increase outcome expectancies. In addition, health workers also need to provide skills training to prevent hypertension to improve individual confidence in preventing hypertension.

**Keywords:** Preventive, Hypertension, Behaviour, HAPA

## ABSTRAK

### MODEL *HEALTH ACTION PROCESS APPROACH* PADA PERILAKU PENCEGAHAN HIPERTENSI

Seiring berjalananya waktu, terdapat tren kenaikan penderita hipertensi pada umur muda. Kondisi ini perlu upaya pengendalian faktor risiko hipertensi yaitu faktor perilaku atau gaya hidup tidak sehat yang berkaitan erat dengan angka morbiditas hipertensi pada umur muda. Untuk merealisasikannya, maka diperlukan suatu konsep yang dapat memotivasi individu dalam menerapkan perilaku pencegahan hipertensi. Oleh karena itu, penelitian ini bertujuan untuk menganalisis faktor yang mempengaruhi perilaku pencegahan hipertensi berbasis konsep HAPA.

Sebanyak 163 responden yang bertempat tinggal di wilayah kerja Puskesmas Tanah Kali Kedinding Surabaya dilibatkan dalam penelitian dengan menggunakan desain *cross sectional*. Data primer meliputi pengetahuan, *risk perception*, *outcome expectancies*, *action self-efficacy*, *behavioral intention*, *planning*, *maintenance and recovery self-efficacy*, dan *action* yang dikumpulkan melalui *self-administered questionnaire*. Analisis pengaruh antar variabel menggunakan analisis jalur dengan *Warp Partial Least Square* versi 6.0.

Hasil penelitian menunjukkan pada fase motivasional pengetahuan tentang hipertensi berpengaruh secara signifikan terhadap *risk perception* ( $p=0,04$ ). *Outcome expectancies* ( $p<0,001$ ) dan *action self-efficacy* ( $p<0,001$ ) berpengaruh secara signifikan terhadap *behavioral intention*. Sementara, *risk perception* tidak mempengaruhi *behavioral intention*. Pada fase volitional, *behavioral intention* ( $p<0,001$ ) dan *maintenance self-efficacy* ( $p<0,001$ ) berpengaruh secara signifikan terhadap *planning*. *Planning* ( $p<0,001$ ) dan *recovery self-efficacy* ( $p<0,001$ ) berpengaruh terhadap perilaku pencegahan hipertensi. Sementara, *maintenance self-efficacy* tidak mempengaruhi perilaku pencegahan hipertensi.

Kesimpulan penelitian ini adalah Puskesmas Tanah Kali Kedinding Surabaya perlu memberikan komunikasi, informasi dan edukasi tentang manfaat tindakan pencegahan hipertensi untuk meningkatkan harapan hasil individu. Selain itu, petugas kesehatan juga perlu memberikan pelatihan keterampilan berperilaku mencegah hipertensi untuk meningkatkan keyakinan individu dalam melakukan pencegahan hipertensi.

Kata kunci: Perilaku, Pencegahan, Hipertensi, HAPA