

ABSTRACT

THE DEVELOPMENT MODEL OF FAMILY ROLE TO SEDENTARY LIFESTYLE IN ADOLESCENT BASED ON FAMILY CENTERED NURSING AND THEORY OF PLANNED BEHAVIOR

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Introduction: Sedentary lifestyle cause obesity, hypertension, myopia, anxiety, and decreased adolescent academic abilities. The family's role prevent sedentary lifestyles is not optimal, even though the sedentary lifestyle of adolescent at home is difficult to control because they do not have written regulations on how to watch TV, use mobile phones, computers, and electronic games. The purpose of this study was to develop a family role model for the sedentary lifestyle of based on family centered nursing and the theory of planned behavior. **Method:** This type of research is explanative survey with a cross sectional design. The population is the mother of 10 Sugio Muhammadiyah High School students in Lamongan Regency who represents the family as many as 187 mothers in January 2019. The study used stratified random sampling with a sample of 122 mothers representing the family of 10 Sugio Muhammadiyah high school students. The independent variables in this study are family personal factors: function, maternal social factors, behavioral belief, normative belief, control belief, attitude toward the behavior, subjective norms, perceived behavioral control and intention. The dependent variable of this study is the role of the family. Data was collected using a questionnaire and analyzed using PLS (partial least square). **Results:** Recommended family role models for sedentary lifestyle of adolescents are formed from maternal social factors through behavioral belief, attitude toward the behavior and intention. **Discussion:** Nurse can improve the family's role in the sedentary lifestyle of adolescents, by taking into account the social factors of the mother in making the program, then increasing the belief behavior manifested in attitude by providing education about the concept of sedentary lifestyle, and increasing family intention to improve roles by teaching how to apply lifestyle healthy.

Keywords: family role, sedentary lifestyle, adolescent, model