

## ABSTRAK

**ANALISIS FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU  
PENCEGAHAN PENULARAN TB PARU DENGAN PENDEKATAN  
*HEALTH PROMOTION MODEL***

Penelitian *Cross Sectional* di Kota Kupang

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**Pendahuluan:** Tuberkulosis (TB) termasuk dalam 10 penyebab kematian diseluruh dunia, Indonesia menempati posisi ke-tiga diseluruh dunia (10.4 juta jiwa) hal ini menandakan perilaku pencegahan penularan yang dilakukan oleh penderita TB belum maksimal. Tujuan dari penelitian ini adalah untuk mengetahui faktor yang berhubungan dengan perilaku pencegahan penularan TB paru berdasarkan pendekatan *Health Promotion Model*. **Metode:** penelitian ini menggunakan desain deskriptif analitik dengan pendekatan *cross-sectional*. Total populasi sebanyak 150 orang penderita TB paru dan didapatkan sampel sebesar 108 responden dengan *simple size calculator*. Variabel independen dalam penelitian ini adalah perilaku sebelum sakit, pengetahuan tentang TB, persepsi tentang manfaat tindakan, persepsi tentang hambatan tindakan, *self efficacy*, sikap yang berhubungan dengan aktifitas pencegahan penularan, dukungan keluarga dan pengaruh lingkungan. Variabel dependen dalam penelitian ini adalah perilaku pencegahan penularan TB paru. Data didapatkan dengan kuisioner dan dianalisis menggunakan *Spearman's Rho* dengan signifikansi  $<0,05$ . **Hasil:** hasil menunjukkan ada hubungan yang signifikan antara perilaku sebelum sakit ( $r=0.239$ ), pengetahuan tentang TB ( $r=0.261$ ), persepsi tentang manfaat tindakan ( $r=0.371$ ), dukungan keluarga ( $r=0.284$ ) dengan perilaku pencegahan penularan TB paru. Tidak ada hubungan antara persepsi tentang hambatan tindakan ( $r=-.113$ ), *self efficacy* ( $r=0,160$ ), sikap yang berhubungan dengan aktifitas pencegahan penularan ( $r=-.097$ ), pengaruh lingkungan ( $r=0.034$ ). **Kesimpulan:** pengetahuan yang baik tentang TB dan dukungan keluarga yang baik dapat meningkatkan perilaku pencegahan penularan TB di masyarakat Kota Kupang. Diharapkan kepada puskesmas untuk dapat memberikan *health education* mengenai penggunaan masker dan penyediaan tempat penampungan dahak dalam perilaku pencegahan penularan TB paru di masyarakat.

**Kata kunci :** Tuberkolisis, Penularan, Perilaku pencegahan

**ABSTRACT****ANALYSIS OF FACTORS RELATED TO PREVENTION OF  
PREVENTION OF PULMONARY TB TRANSMISSION BEHAVIOR  
WITH *HEALTH PROMOTION MODEL****Cross Sectional* Research

By : Astin Thamar Genakama

**Introduction:** Tuberculosis (TB) is one of the 10 causes of death worldwide. Indonesia ranks third in the world (10.4 million people) this indicates that the behavior of prevention of transmission by TB patients is not effective yet. The aim of this research is to know the relationship between preventive behavior factors of TB transmission based on health promotion model. **Methods:** This research was conducted by using descriptive analytic design with cross sectional approach. Population of this research was 150 patient with TB. Sample on this research was 108 respondents which were chosen by using simple size calculator technique. Independent variables in this research were behavior before sickness, cognizance of patient of TB, perceived of benefits, perceived of barriers, self-efficacy, attitudes related to transmission prevention activities and environmental influences. Dependent variable in this research prevention behavior of TB transmission. The data collecting technique used in this research was questionnaire which was analysed by Spearman's rho test with  $<0,05$  significance. **Results:** The result showed that preventive behavior of TB transmission was correlated with behavior before sick ( $r=0.239$ ), cognizance of patient of TB ( $r=0.261$ ), perceived of benefits ( $r=0.371$ ), and family support ( $r=0.284$ ). There was no correlation between perceived of barriers ( $r=-.113$ ), self-efficacy ( $r=0,160$ ), attitudes related to transmission prevention activities ( $r=-.097$ ) and environmental influences ( $r=0.034$ ). With preventive behavior of TB transmission. **Discussion:** The good knowledge about TB and good family support can improve the prevention behavior of TB transmission in Kupang City. The Puskesmas was expected can improve Health Education by giving education about how to use mask well and shelter provision sputum in TB infection prevention behaviors in society.

**Keywords:** *Tuberculosis, Transmission, preventive behavior*