

ABSTRAK
PENGARUH EDUKASI *FACE TO FACE*
BERBASIS *THEORY OF PLANNED BEHAVIOR*
TERHADAP PERILAKU TERKONTROL PASIEN ASMA

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Pendahuluan: Kontrol asma merupakan faktor yang penting dalam jangka panjang pengobatan asma. Pengetahuan akan perilaku terkontrol merupakan sebuah tindakan yang harus dilakukan untuk kepatuhan pengobatan pasien asma. Penelitian ini bertujuan untuk mengetahui pengaruh intervensi edukasi *Face to Face* berbasis *Theory of Planned Behavior* terhadap perilaku terkontrol pasien asma. **Metode:** *Quasy Experiment* studi dilakukan di 64 pasien asma di Poli Paru RSUD Dr. Sosodoro Djatikoesoemo Bojonegoro dengan teknik *Purposive Sampling*. Penelitian ini dilakukan dengan memberikan intervensi edukasi *Face to Face* berbasis TPB selama 1 bulan. Uji statistik yang digunakan adalah *paired t test* dan uji manova **Hasil:** Hasil uji *paired t test* terdapat perbedaan nilai *mean* yang bermakna diantara kelompok kontrol dan kelompok perlakuan pada variabel *attitude toward behavior* ($p=0,000$), *subjective norm* ($p=0,000$), *perceived behavior control* ($p=0,000$), *intention* ($p=0,000$). Uji regresi linier berganda didapatkan menunjukkan adanya pengaruh secara signifikan atau simultan niat terhadap perilaku terkontrol pasien asma ($p=0,000$) dengan hasil parsial *attitude toward behavior* 0.000, *subjective norm* 0,005, *perceived behavior control* 0.087. Uji manova didapatkan menunjukkan adanya pengaruh secara signifikan atau simultan terhadap variabel terkontrol pasien asma ($p=0,000$) dengan partial eta 0,557, hasil parsial pada Inhaler 0.000, alergen 0.004, lingkungan 0.000, respon 0.523 dan kontrol asma 0.021 **Kesimpulan:** Intervensi edukasi berbasis *Theory of Planned Behavior* memiliki pengaruh dalam meningkatkan *attitude toward behavior*, *subjective norm*, *perceived behavior control*, *intention*, dan perilaku terkontrol pasien asma

Kata kunci: asma, kontrol asma, *Theory of Planned Behavior*, *Face to Face education*

ABSTRACT
***THE EFFECT OF FACE TO FACE EDUCATION
BASED ON THEORY OF PLANNED BEHAVIOR
ON THE CONTROLLED BEHAVIOR OF ASTHMA PATIENTS***

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Introduction: Control of asthma is an important factor in the long-term treatment of asthma. Knowledge of controlled behavior is an action that must be done to adhere to the treatment of asthma patients. This study aims to determine the effect of Theory of Planned Behavior-based *Face to Face* education interventions on the controlled behavior of asthma patients. **Method:** The Quasy Experiment study was conducted in 64 asthma patients at the Pulmonary Poly Dr. Sosodoro Djatikoesoemo Bojonegoro with Purposive Sampling technique. This research was conducted by providing TPB-based *Face to Face* education interventions for 1 month. The statistical test used was paired t test and manova test. **Results:** The paired t test results showed significant differences in mean values between the control group and the treatment group on attitude toward behavior variables ($p = 0,000$), subjective norm ($p = 0,000$), perceived behavior control ($p = 0,000$), intention ($p = 0,000$). Multiple linear regression test was found to show the existence of a significant or simultaneous influence of intention on the controlled behavior of asthma patients ($p = 0,000$) with the result of partial attitude toward behavior 0,000, subjective norm 0.005, perceived behavior control 0.087. The manova test was found to show a significant or simultaneous influence on the controlled variable of asthma patients ($p = 0,000$) with partial eta 0,557, partial results on 0,000 Inhalers, allergens 0.004, environment 0,000, response 0.523 and asthma control 0.021 **Conclusion:** Educational Interventions based on Theory of Planned Behavior has an effect on improving attitude toward behavior, subjective norms, perceived behavior control, intention, and controlled behavior of asthma patients

Keyword: asthma, asthma control, *Theory of Planned Behavior*, *Face to Face education*