

Studi persepsi tentang penyakit Kardiovaskular dan olahraga sebagai upaya pencegahannya menggunakan konsep health belief model pada karyawan Puskesmas XY tahun 2013 = Perception study of Cardiovascular disease and exercise as a preventive health behavior using health belief model among XY primary health care employees at 2013

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Abstrak

Penelitian deskriptif kuantitatif dengan disain Cross Sectional Survey mengenai Studi Persepsi tentang Penyakit Kardiovaskular dan Upaya Pencegahannya pada karyawan XY, menggunakan konsep Health Belief Model, meneliti persepsi kerentanan (perceived susceptibility), persepsi keparahan (perceived severity), persepsi manfaat (perceived benefit), persepsi hambatan (perceived barrier) dan pengetahuan sebagai salah satu modifying factor. Rendahnya persepsi kerentanan karyawan dapat menjadi alasan ketidak aktifannya dalam berolahraga. Dari perhitungan statistik dengan korelasi spearman, terdapat korelasi yang bermakna antara persepsi hambatan dengan perilaku karyawan untuk berolahraga dengan $p = 0.002$ dan $r = -0.297$.

.....Quantitative descriptive study with cross-sectional survey design of the study and the Perception of the Cardiovascular Disease Prevention Efforts in XY employees, using the concept of Health belief model, examines perceived susceptibility, perceived severity, perceived benefits, perceived barriers and knowledge as a modifying factor. The low perception of susceptibility of employees can be a reason for the lack of exercise (Physical Inactive). Of statistical calculations with Spearman correlation, there is a significant correlation between perceived barrier to exercise behavior of employees with $p = 0.002$ and $r = -0.297$.