

# Pengaruh self-efficacy terhadap perilaku sehat pada individu usia dewasa awal dengan ibu yang terdiagnosa kanker payudara = The impact of self efficacy toward health behavior in young adults that have a mother who was diagnosed with breast cancer

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## Abstrak

### **ABSTRAK**

Penelitian ini bertujuan untuk melihat hubungan antara self-efficacy dan perilaku sehat pada individu usia dewasa awal dengan ibu yang terdiagnosa kanker payudara. Partisipan penelitian ini adalah individu yang berusia 18 ? 40 tahun dengan ibu yang terdiagnosa kanker payudara, sebanyak 84 orang. Self-efficacy diukur dengan menggunakan alat ukur The Health Behavior Spesific Behavior Self-Efficacy Scale (HSBSES) yang sudah diadaptasi oleh Penney (2006). Perilaku sehat diukur dengan menggunakan alat ukur yang berdasarkan indikator perilaku sehat oleh Sarafino dan Smith (2011). Hasil penelitian ini menunjukkan bahwa hipotesis null ditolak ( $F = 14,196, p < 0,05$ ) yang berarti terdapat pengaruh yang signifikan self-efficacy terhadap perilaku sehat. Selain itu data demografi berupa jenis kelamin, usia, pendidikan terakhir, waktu tidur, mempunyai riwayat penyakit, tergabung dalam komunitas/klub kesehatan, status ibu terdiagnosa kanker payudara dan dukungan sosial mempunyai pengaruh bersama-sama yang signifikan terhadap perilaku sehat.

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The objective of this study was to examine whether self-efficacy and health behavior in young adults that have a mother who was diagnosed with breast cancer. The age of participants on the research are between 18 ? 40 years old that have a mother who diagnosed with breast cancer, amount 84 people. Self-efficacy is measured by measurement tools The Health Behavior Spesific Behavior Self-Efficacy Scale (HSBSES) which was adopted by Penney (2006). Health behavior is measured by measurement tools from health behavior indicator by Sarafino and Smith (2011). The results showed that the null hypothesis is rejected ( $F=14,196, p < 0,05$ ), which means there was a significant impact of self-efficacy toward health behavior. Moreover, demographic data such as gender, age, the last education, time of sleep, history of illness, member of health community/club, a mother diagnosed with breast cancer status and social support have a significant impact toward health behavior.;;;