

Pengaruh perceived threat dan self-efficacy terhadap perilaku sehat mahasiswa Universitas Indonesia dengan orang tua yang memiliki riwayat penyakit tidak menular = The impact of perceived threat and self efficacy toward health behavior among the students of Universitas Indonesia with parents who have the history of non communicable diseases

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Abstrak

Agar mahasiswa Universitas Indonesia dapat memanfaatkan potensinya secara maksimal, maka kesehatan adalah salah satu hal yang patut diperhitungkan. Menjalankan perilaku sehat adalah cara untuk mempertahankan kesehatan, salah satunya adalah untuk mencegah terkena penyakit tidak menular (penyakit kardiovaskular, diabetes, dan kanker). Berdasarkan Health Belief Model, salah satu komponen yang memengaruhi perilaku sehat individu ialah perceived threat, dengan komponen perceived susceptibility dan perceived seriousness (Sarafino & Smith, 2011). Sementara itu, menurut Bandura (1995), self-efficacy adalah prediktor dari perilaku sehat. Pada penelitian ini didapatkan total 186 responden yang merupakan mahasiswa S1 dan D3 Universitas Indonesia.

Berdasarkan teknik analisis Pearson Correlation, ditemukan hubungan yang negatif dan signifikan antara perceived susceptibility penyakit kardiovaskular, diabetes, dan kanker, dengan perilaku sehat ($r = -0,158, p < 0,05$; $r = -0,198, p < 0,01$; $r = -0,1888, p < 0,05$). Ditemukan hubungan yang positif dan signifikan antara perceived seriousness penyakit kardiovaskular dan diabetes, dengan perilaku sehat ($r = 0,212, p < 0,05$; $r = 0,150, p < 0,01$).

Selain itu, ditemukan hubungan yang positif dan signifikan antara self-efficacy dan perilaku sehat ($r = 0,578, p < 0,01$). Lebih lanjut, berdasarkan hasil analisis regresi linear ditemukan bahwa self-efficacy adalah prediktor yang lebih kuat memengaruhi perilaku sehat dibandingkan dengan perceived threat.

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To maximize the potential of the students of Universitas Indonesia, keeping body's health is one of the thing that should be counted. Doing health behaviors at young ages is one of the way to maintain one's health, including to prevent oneself to get non-communicable diseases (cardiovascular diseases, diabetes, and cancer). According to the theory of Health Belief Model, one of the component that influences one's health behavior is perceived threat, with the components of perceived susceptibility and perceived seriousness (Sarafino & Smith, 2011). In this research we collected 186 respondents which are the students of bachelor and diploma programs of Universitas Indonesia.

With Pearson Correlation technique, this study found that there were negative and significant correlations between the perceived susceptibility of cardiovascular disease, diabetes, and cancer, and health behavior ($r = -0,158, p < 0,05$; $r = -0,198, p < 0,01$; $r = -0,1888, p < 0,05$). We found that there were positive and significant correlations between perceived seriousness of cardiovascular disease and diabetes, and health behavior ($r = 0,212, p < 0,05$; $r = 0,150, p < 0,01$) and a positive but insignificant correlation of perceived seriousness of cancer and health behavior ($r = 0,006$).

We also found that there was a positive and significant correlations between self-efficacy and health

behavior ($r = 0,578$, $p < 0,01$). Further more, with the linear regression technique, this study showed that self-efficacy was the strongest predictor of health behavior rather than perceived threat.