

## Pengaruh health locus of control terhadap keterkendalian asma pada penderita asma = The effect of health locus of control on asthma control in asthmatic patients

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### Abstrak

#### <b>ABSTRAK</b><br>

Asma merupakan penyakit pernapasan kronis yang tidak dapat disembuhkan, tetapi dapat dikontrol. Keterkendalian asma merupakan manifestasi asma yang dapat diobservasi. Keterkendalian asma dipengaruhi oleh kepercayaan mengenai apa yang memengaruhi kondisi kesehatan seseorang, atau disebut dengan health locus of control. Health locus of control terdiri dari tiga dimensi, yaitu internal, powerful others, dan chance. Tujuan dari penelitian ini adalah mengkaji mengenai pengaruh internal dan powerful others health locus of control terhadap keterkendalian asma. Sebanyak 272 penderita asma berusia 17 ndash; 50 tahun menyelesaikan alat ukur Asthma Control Test Nathan et al., 2004 dan Multidimensional Health Locus of Control Wallston, Stein, Smith, 1994 . Teknik analisis regresi logistik biner dilakukan untuk melihat pengaruh internal dan powerful others health locus of control terhadap keterkendalian asma. Hasilnya menunjukkan bahwa internal health locus of control tidak dapat memprediksi keterkendalian asma  $X^2_1 = 0,29, p > 0,05$  . Sementara itu powerful others health locus of control terbukti dapat memprediksi keterkendalian asma  $X^2_1 = 5,68, p < 0,05$  . Berdasarkan hasil tersebut, dapat disimpulkan bahwa powerful others health locus of control yang semakin tinggi akan menurunkan keterkendalian asma.

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#### <b>ABSTRACT</b><br>

Asthma is a chronic respiratory disease that cannot be cured, but can be controlled. Asthma control is the extent to which the manifestations of asthma can be observed in the patient. Asthma control is influenced by the health beliefs of what controls someone rsquo s health condition, called health locus of control. Health locus of control consists of three dimensions internal, powerful others, and chance. The aim of this study is to examine the effect of internal and powerful others health locus of control on asthma control. Two hundred seventy two asthmatic patients aged 17 ndash 50 completed Asthma Control Test Nathan et al., 2004 and Multidimensional Health Locus of Control Wallston, Stein, Smith, 1994 instruments. Binary logistic regression was used as data analysis technique. This study found that internal health locus of control cannot predict asthma control  $X^2_1 0,29, p 0,05$  . On the other hand, powerful others health locus of control is founded to be a predictor of asthma control  $X^2_1 5,68, p 0,05$  . Thus, the results of this study can be concluded that the higher the powerful others health locus of control will lower asthma control on asthmatic patients.