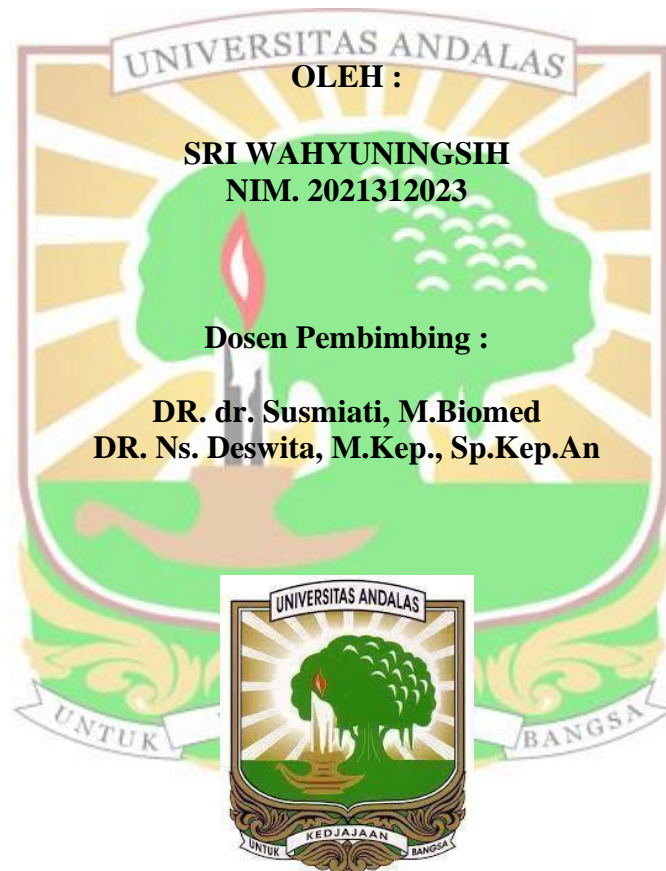


**PENGARUH PENDIDIKAN KESEHATAN BERBASIS *HEALTH BELIEF*
MODEL (HBM) DAN *COLLABORATIVE LEARNING* TERHADAP
PERILAKU DIET REMAJA *KELAS VIII* DI SMPN 38 PADANG**

TESIS



**PROGRAM STUDI MAGISTER KEPERAWATAN
FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
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**Pengaruh Pendidikan Kesehatan Berbasis *Health Belief Model (HBM)* dan *Collaborative Learning* Terhadap Perilaku Diet Remaja Kelas VIII
Di SMPN 38 Padang**

Xii + 97 hal + 10 tabel + 10 lampiran + 3 skema

ABSTRAK

Perilaku diet remaja masih banyak yang tidak baik meskipun sudah diberikan berbagai macam Pendidikan Kesehatan. Pendidikan Kesehatan berbasis *Health Belief Model (HBM)* dan *collaborative learning* lebih menekankan kepada bagaimana seseorang dapat mencegah serta menghindari masalah kesehatan dengan tingkat keparahan potensial dan dapat belajar bersama-sama dalam meningkatkan dan mempertahankan kesehatan. Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan berbasis *Health Belief Model (HBM)* dan *Collaborative Learning* terhadap perilaku diet pada remaja di SMPN 38 Padang. Jenis penelitian adalah *quasi eksperiment* dengan rancangan *pre test and post test with control group design*. Populasi adalah remaja kelas VIII SMPN 38 Padang sebanyak 78 orang dengan teknik *proporsional random sampling*. Analisa data univariat disajikan dalam bentuk analisa deskriptif dan analisis bivariat menggunakan uji *paired sample t-test* dan *independent sample t-test*. Hasil analisis uji statistik menggunakan uji *independent sampel t-test* didapatkan nilai p pada perilaku makan cenderung gizi lebih yaitu $p=0,013$ dan perilaku makan cenderung gizi kurang didapatkan nilai $p=0.000$ ($p<0,05$) artinya ada perbedaan rata-rata perilaku diet remaja sebelum diberikan intervensi antara kelompok intervensi dan kelompok kontrol. Diharapkan kepada petugas kesehatan terutama petugas kesehatan masyarakat untuk bisa menerapkan metode *Health Belief Model (HBM)* dan *Collaborative Learning* dalam melakukan edukasi atau pendidikan kesehatan di masyarakat.

Kata Kunci : *Pendidikan Kesehatan, Perilaku Diet, Health Belief Model(HBM), Collaborative Learning*

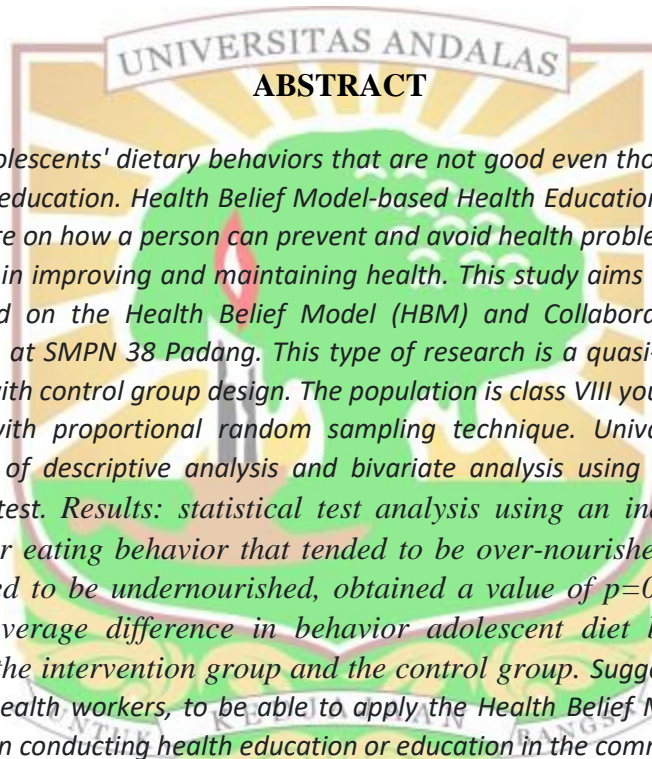
Daftar Pustaka : 2013 – 2022

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The Influence of Health Belief Model-Based Health Education (HBM) and Collaborative Learning on Dietary Behavior of Class VIII Adolescents at SMPN 38 Padang

Xii + 97 page + 10 tables + 10 appendices + 3 schemes



There are still many adolescents' dietary behaviors that are not good even though they have been given various kinds of health education. Health Belief Model-based Health Education (HBM) and collaborative learning emphasize more on how a person can prevent and avoid health problems with potential severity and can learn together in improving and maintaining health. This study aims to determine the effect of health education based on the Health Belief Model (HBM) and Collaborative Learning on dietary behavior in adolescents at SMPN 38 Padang. This type of research is a quasi-experimental design with pre-test and post-test with control group design. The population is class VIII youth of SMPN 38 Padang as many as 78 people with proportional random sampling technique. Univariate data analysis was presented in the form of descriptive analysis and bivariate analysis using paired sample t-test and independent sample t-test. Results: statistical test analysis using an independent sample t-test obtained a p-value for eating behavior that tended to be over-nourished, namely $p=0.013$ and eating behavior tended to be undernourished, obtained a value of $p=0.000$ ($p<0.05$) meaning that there was an average difference in behavior adolescent diet before being given the intervention between the intervention group and the control group. Suggestion: for health workers, especially community health workers, to be able to apply the Health Belief Model (HBM) method and Collaborative Learning in conducting health education or education in the community.

Keywords: Health Education, Dietary Behavior, Health Belief Model (HBM) and Collaborative Learning

References : 2013 - 2022