

SKRIPSI

PENGARUH PENDIDIKAN KESEHATAN TERHADAP *HEALTH BELIEF MODEL* PENCEGAHAN OSTEOPOROSIS PADA SISWI MAN 1 PADANG TAHUN 2016



**RIFDAH HAYATI PUTRI
BP.1210323020**

Pembimbing :

Ns. Vionalisa, M.Kep

Ns. Zifriyanthi Minanda Putri, M.Kep

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2017**

Program Studi S1 Keperawatan
Fakultas Keperawatan
Universitas Andalas
Maret 2017

Nama : Rifdah Hayati Putri
No. BP: 1210323020

Pengaruh Pendidikan Kesehatan Terhadap Health Belief Model Pencegahan
Osteoporosis Pada Siswa Perempuan MAN 1 Padang

ABSTRAK

Penyakit osteoporosis akan menjadi masalah musculoskeletal yang memerlukan perhatian khusus terutama di negara-negara berkembang termasuk Indonesia. Peak Bone Mass pada masa remaja akan menentukan peak bone mass pada saat dewasa nanti. Sehingga dibutuhkan pencegahan osteoporosis dimulai dari saat remaja. Seseorang melakukan tindakan pencegahan osteoporosis dipengaruhi oleh keyakinan kesehatan yang dimilikinya. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh pendidikan kesehatan dengan tingkat pengetahuan health belief model dengan menggunakan OHBS (Osteoporosis Health Belief Scale). Jenis penelitian ini adalah quasi eksperimen dengan pendekatan pretest posttest without control. Teknik pengambilan sampel adalah purposive sampling dengan jumlah sampel 20 orang. Analisa data menggunakan Wilcoxon test. Hasil penelitian menunjukkan adanya pengaruh pendidikan kesehatan terhadap persepsi kerentanan dengan nilai $p : 0.000$, persepsi keparahan dengan nilai $p : 0.000$, persepsi rintangan latihan $p : 0.001$, persepsi rintangan asupan kalsium $p : 0.001$ dan isyarat dan tanda $p : 0.000$. Namun pendidikan kesehatan tidak memberikan pengaruh terhadap persepsi manfaat latihan $p : 0.095$ dan persepsi manfaat asupan kalsium $p : 0.218$. Kesimpulan dari penelitian ini adalah pendidikan kesehatan memberikan pengaruh terhadap persepsi kerentanan, persepsi keparahan, persepsi rintangan latihan, persepsi rintangan asupan kalsium dan isyarat dan tanda. Namun pendidikan kesehatan tidak memberikan pengaruh terhadap persepsi manfaat latihan dan manfaat asupan kalsium. Peneliti menyarankan siswa meningkatkan pengetahuan tentang osteoporosis untuk meningkatkan *health belief model* siswa.

Kata Kunci : Osteoporosis, Health Belief Model, Pendidikan Kesehatan

*Undergraduate Nursing Program
Faculty of Nursing
Andalas University*

*Name : Rifdah Hayati Putri
Registered Number : 1210323020*

Effect of Health Education of Osteoporosis Prevention Toward Health Belief Model in Female Student of MAN 1 Padang

Osteoporosis will be musculoskeletal problem that need special notice especially in developing country. Peak Bone Mass when adolescence will establish for adult. That is will be needed osteoporosis prevention from adolescence. Base on Health Belief Model people change their behavior when they understand that disease is serious. People doing action of osteoporosis prevention are influenced by health belief that they have. Purpose of this study is to know about Effect of health education of Osteoporosis prevention toward Health belief model level, using OHBS (Osteoporosis Health Belief Scale). This study is quazy experiment with using pretest posttest without control method. Sampling Technic is purposive sampling with 20 samples. Data analysis have used Wilcoxon test in. Result have showed that effect of health education toward perceived susceptibility p value = 0.000. Health education have effected not only toward perceived susceptibility but also perceived seriousness p value : 0.000. perceived barrier of exercise p value : 0.001 perceived barrier of calcium intake and cues to action p value : 0.000. But health education have not effected toward perceived benefit of excercise p value : 0.09. health educatin have not effected toward perceived benefit of exercise but also perceived benefit of calcium intake. Conclusion of study is health education giving effect toward perceived susceptibility, perceived seriousness, perceived barrier of exercise, perceived barrier of calcium intake and cues to action. Health education don't giving effect toward perceived benefit of exercise and perceived benefit of calcium intake. Advice from this study is student can increase their knowledge to increase student's health belief model.

Keyword : Osteoporosis, Health Belief Model. Health Education