

## Abstrak

### HUBUNGAN *SELF-EFFICACY* DENGAN PERILAKU MEMATUHI PROTOKOL KESEHATAN COVID-19 PADA LANSIA DI RW 03 DESA CILONGOK, KECAMATAN CILONGOK, BANYUMAS

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**Latar Belakang:** Lansia merupakan kelompok rentan terinfeksi COVID-19. Namun, mereka kurang mematuhi protokol kesehatan. Salah satu faktor yang mempengaruhi perilaku adalah *self-efficacy*. Hasil studi pendahuluan menunjukkan, lansia dengan perilaku kurang patuh menunjukkan *self-efficacy* yang beragam. Peneliti bertujuan untuk mengetahui hubungan *self-efficacy* dengan perilaku mematuhi protokol kesehatan COVID-19.

**Metodologi:** Penelitian ini merupakan analisis korelatif dengan pendekatan *cross-sectional*. Pengambilan data menggunakan kuesioner data demografi, *self-efficacy*, dan perilaku mematuhi protokol kesehatan COVID-19. Analisis univariat digunakan untuk menganalisis karakteristik responden seperti jenis kelamin, pendidikan terakhir, pekerjaan, status perkawinan, teman serumah, riwayat penyakit kronis, *self-efficacy* (variabel *independent*), dan perilaku mematuhi protokol kesehatan COVID-19 (variabel *dependent*). Analisis hubungan antara karakteristik responden dan variabel *dependent* menggunakan uji *lambda*, sedangkan variabel *independent* dan *dependent* menggunakan uji *Somers'd*.

**Hasil Penelitian:** Hasil penelitian menunjukkan responden memiliki tingkat *self-efficacy* sedang (54,9%), memiliki perilaku kurang patuh (48,8%) dan patuh (51,2%). Hasil uji *Somers'd* menunjukkan terdapat hubungan positif yang signifikan antara *self-efficacy* dengan perilaku mematuhi protokol kesehatan COVID-19 ( $p < 0,001$ ;  $r = 0,637$ ).

**Kesimpulan:** Semakin tinggi *self-efficacy* maka semakin tinggi perilaku mematuhi protokol kesehatan COVID-19.

**Kata Kunci:** *self-efficacy*, perilaku, protokol kesehatan COVID-19, lansia

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## Abstract

### HUBUNGAN *SELF-EFFICACY* DENGAN PERILAKU MEMATUHI PROTOKOL KESEHATAN COVID-19 PADA LANSIA DI RW 03 DESA CILONGOK, KECAMATAN CILONGOK, BANYUMAS

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**Background:** Elderly are particularly vulnerable to infected COVID-19. However, they are less complying with health protocols. One of the factors that influence behavior is self-efficacy. Results of preliminary studies showed that elderly with less submissive behavior show diverse self-efficacy. The researcher aims to determine the relationship between self-efficacy and behavior compliance health protocols COVID-19.

**Method:** This research was a correlative analysis with a cross-sectional approach. Collecting data using a questionnaire on demographic data, self-efficacy, and behavior compliance health protocols COVID-19. Univariate analysis was used to analyze characteristics of respondents such as gender, last education, occupation, marital status, housemates, history of chronic illness, self-efficacy (independent variable), and behavior compliance health protocols COVID-19 (dependent variable). Analysis of the relationship between characteristics of respondents and the dependent variable used lambda test, while independent and dependent variable using Somers'd test.

**Result:** The results showed respondents had a moderate level of self-efficacy (54.9%), had less compliant behavior (48,8%), and submissive (51.2%). The Somers'd test shows had a significant positive relationship between self-efficacy and behavior compliance health protocols COVID-19 ( $p < 0.001$ ;  $r = 0.637$ ).

**Conclusion:** The higher of self-efficacy, the higher of behavior to comply with the COVID-19 health protocol.

**Keywords:** self-efficacy, behavior, health protocols COVID-19, elderly

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