

Abstrak

PERSEPSI MAHASISWA TENTANG POLA MAKAN SEBAGAI FAKTOR RISIKO GASTRITIS MENGGUNAKAN TEORI *HEALTH BELIEF MODEL* DI JURUSAN KEPERAWATAN UNIVERSITAS JENDERAL SOEDIRMAN

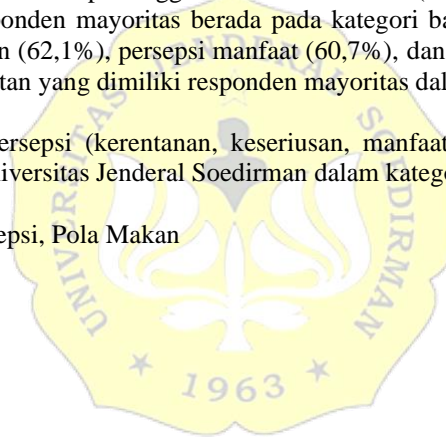
Latar Belakang: Pola makan tidak sehat pada mahasiswa dapat mempengaruhi perannya nanti ketika sudah bekerja sebagai perawat. Persepsi berdasarkan teori *Health Belief Model* (HBM) merupakan penilaian individu dalam menentukan perilaku yang lebih sehat, termasuk perilaku makan sehat untuk mencegah risiko gastritis. Penelitian ini bertujuan untuk mengetahui gambaran persepsi mahasiswa tentang pola makan sebagai faktor risiko gastritis menggunakan teori HBM di Jurusan Keperawatan Universitas Jenderal Soedirman.

Metode: Jenis penelitian ini adalah deskriptif kuantitatif dengan pendekatan cross sectional. Pengambilan sampel menggunakan teknik *probability sampling* dengan *proportionate stratified random sampling* yang berjumlah 219 responden. Pengambilan data menggunakan kuesioner persepsi HBM yang telah dimodifikasi dari penelitian serupa dan telah lulus uji validitas serta reliabilitas. Analisis data dilakukan menggunakan uji univariat.

Hasil: Hasil penelitian didapatkan bahwa mayoritas usia responden 19 tahun, perempuan (91,3%), angkatan 2022 (35,2%), dan bertempat tinggal di kos atau asrama (79%). Berdasarkan teori HBM, persepsi yang dimiliki responden mayoritas berada pada kategori baik yaitu persepsi kerentanan (62,1%), persepsi keseriusan (62,1%), persepsi manfaat (60,7%), dan persepsi efikasi diri (64,8%). Sedangkan, persepsi hambatan yang dimiliki responden mayoritas dalam kategori tinggi (57,1%).

Kesimpulan: Mayoritas persepsi (kerentanan, keseriusan, manfaat, efikasi diri) yang dimiliki mahasiswa keperawatan Universitas Jenderal Soedirman dalam kategori baik.

Kata kunci: Gastritis, Persepsi, Pola Makan



Abstract

STUDENT PERCEPTION ABOUT EATING AS A RISK FACTOR FOR GASTRITIS USING THE HEALTH BELIEF MODEL THEORY IN NURSING DEPARTMENT JENDERAL SOEDIRMAN UNIVERSITY

Background: Unhealthy eating patterns in students can affect their role later when they are already working as nurse. Perception based on the Health Belief Model (HBM) theory is an individual judgment in determining healthier behavior, including healthy eating behavior to prevent the risk of gastritis. This study aims to describe student perceptions about diet as a risk factor for gastritis using the HBM theory at the Department of Nursing, Jenderal Soedirman University.

Method: This type of research is descriptive quantitative with cross sectional approach. Sampling using probability sampling technique with proportionate stratified random sampling, amounting to 219 responden. Data collection used the HBM perception questionnaire which had been modified from a similar study and had passed the validity and reliability tests. Data analysis was performed using univariate test.

Results: The results of the study found that the majority of respondents were 19 years old, female (91,3%), class of 2022 (35,2%), and lived in boarding houses or dormitories (79%). Based on the HBM theory, the perceptions of the majority of respondents were in a good category, namely perceived vulnerability (62,1%), perceived seriousness (62,1%), perceived benefits (60,7%), and perceived self-efficacy (64,8%). Meanwhile, the perception of obstacles owned by the majority of respondents was in the high category (57,1%),

Conclusion: The majority of perceptions (vulnerabilities, seriousness, benefits, self-efficacy) held by nursing students at Jenderal Soedirman University are in the good category.

Keywords: Dietary Habit, Gastritis, Perception

