

ABSTRAK

HUBUNGAN *PERCEIVED BENEFITS*, *PERCEIVED BARRIERS*, DAN *SELF-EFFICACY* TERHADAP PERILAKU PENCEGAHAN GAGAL GINJAL KRONIS PADA REMAJA

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Latar Belakang: Gagal ginjal kronis (GGK) merupakan penyakit tidak menular yang prevalensinya terus meningkat termasuk pada remaja. Kondisi ini berkaitan dengan berbagai perilaku berisiko yang berkaitan dengan gaya hidup tidak sehat. Upaya pencegahan sejak usia remaja penting untuk menurunkan risiko GGK di masa mendatang. Berdasarkan Teori *Health Promotion Model*, perilaku pencegahan dapat dipengaruhi oleh *perceived benefits*, *perceived barriers*, dan *self-efficacy*. Penelitian ini bertujuan menganalisis hubungan ketiga faktor tersebut dengan perilaku pencegahan GGK pada remaja.

Metode: Penelitian kuantitatif dengan pendekatan *cross sectional* ini dilakukan pada remaja usia 10–18 tahun di Desa Munjul yang tinggal bersama orang tua. Sampel sebanyak 225 responden dipilih menggunakan teknik *purposive sampling* dengan alokasi proporsional per RT. Pengumpulan data dilakukan pada September 2025–Januari 2026 menggunakan kuesioner perilaku pencegahan GGK, *perceived benefits*, *perceived barriers*, dan *self-efficacy* yang telah dinyatakan valid dan reliabel. Analisis data menggunakan uji Somers'd.

Hasil: Variabel *perceived benefits* menunjukkan nilai $p = 0,141$ dengan $r=0,121$, sedangkan variabel *perceived barriers* menunjukkan nilai $p < 0,001$ dengan $r=-0,377$, dan variabel *self-efficacy* menunjukkan nilai $p < 0,001$ dengan $r=0,515$ terhadap perilaku pencegahan GGK. Lebih dari dua per tiga responden memiliki perilaku pencegahan GGK, *perceived benefits*, *perceived barriers*, dan *self-efficacy* dalam kategori baik.

Kesimpulan: *Perceived benefits* tidak menunjukkan hubungan yang bermakna dengan perilaku pencegahan GGK, sedangkan *perceived barriers* dan *self-efficacy* menunjukkan hubungan yang bermakna dengan perilaku pencegahan GGK.

Kata kunci: *Perceived barriers*, *Perceived benefits*, Perilaku pencegahan GGK, Remaja, *Self-efficacy*

ABSTRACT

THE RELATIONSHIP BETWEEN PERCEIVED BENEFITS, PERCEIVED BARRIERS, AND SELF-EFFICACY WITH CHRONIC KIDNEY DISEASE PREVENTION BEHAVIOR AMONG ADOLESCENTS

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Background: Chronic kidney disease (CKD) is a non-communicable disease with a continuously increasing prevalence, including among adolescents. This condition is associated with various risk behaviors related to unhealthy lifestyles. Preventive efforts initiated during adolescence are important to reduce the risk of CKD in the future. Based on the Health Promotion Model, preventive behavior may be influenced by perceived benefits, perceived barriers, and self-efficacy. This study aimed to analyze the relationships between these three factors and CKD prevention behavior among adolescents.

Methods: This quantitative cross-sectional study was conducted among adolescents aged 10-18 years in Munjul Village who lived with their parents. A total of 225 respondents were selected through purposive sampling with proportionate allocation in each neighborhood unit. Data were collected from September 2025 to January 2026 using validated and reliable questionnaires on CKD prevention behavior, perceived benefits, perceived barriers, and self-efficacy. Data analysis was performed using the Somers'd test.

Result: The perceived benefits variable showed a p-value of 0,141 with a correlation coefficient $r=0,121$, whereas the perceived barriers variable showed a p-value of $<0,001$ with $r = -0,377$, and self-efficacy showed a p-value of $<0,001$ with $r = 0,515$. More than two-thirds of respondents had good levels of CKD prevention behavior, perceived benefits, perceived barriers, and self-efficacy.

Conclusion: Perceived benefits were not significantly associated with CKD preventive behavior, while perceived barriers and self-efficacy showed significant associations with CKD preventive behavior.

Keywords: Adolescents, CKD prevention behavior, Perceived barriers, Perceived benefits, Self-efficacy