

Abstrak

HUBUNGAN *Self-Efficacy* DENGAN PERILAKU PENCEGAHAN PENYAKIT TIDAK MENULAR PADA REMAJA

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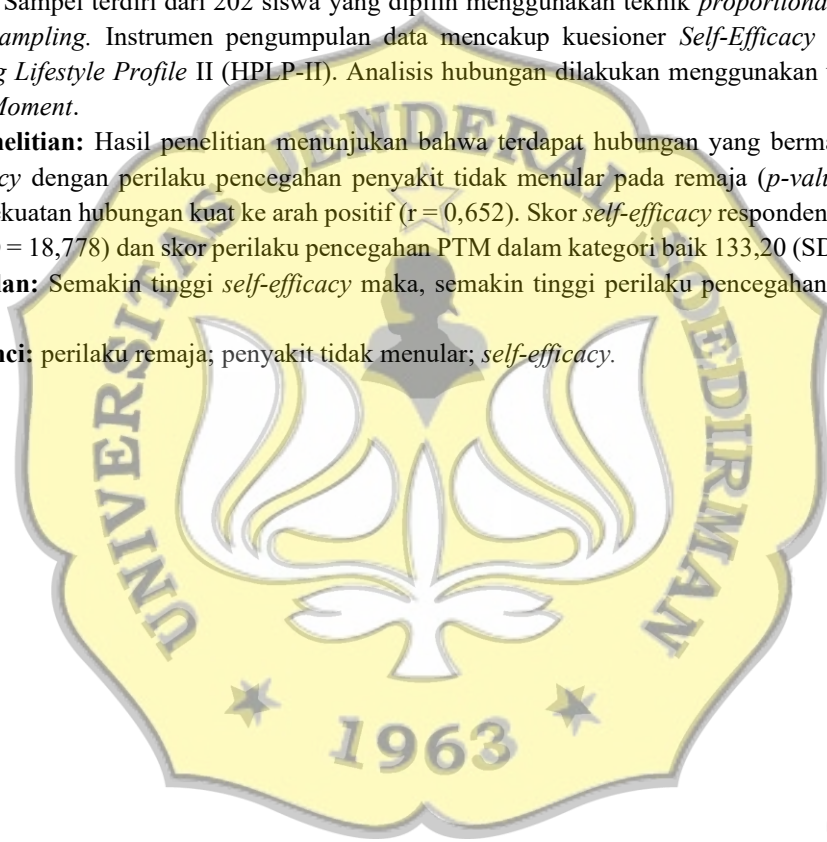
Latar Belakang: Remaja merupakan kelompok rentan terhadap penyakit tidak menular (PTM) akibat perubahan pola hidup. *Self-efficacy* berperan penting dalam membentuk peran perilaku pencegahan PTM, namun tingkat *self-efficacy* diremaja Indonesia masih kurang. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-efficacy* dengan perilaku pencegahan PTM pada remaja di SMK Mulya Husada Purwokerto.

Metodologi: Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Sampel terdiri dari 202 siswa yang dipilih menggunakan teknik *proportionate stratified random sampling*. Instrumen pengumpulan data mencakup kuesioner *Self-Efficacy* dan *Health Promoting Lifestyle Profile II* (HPLP-II). Analisis hubungan dilakukan menggunakan uji *Pearson Product Moment*.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa terdapat hubungan yang bermakna antara *self-efficacy* dengan perilaku pencegahan penyakit tidak menular pada remaja ($p\text{-value} = 0,001$) dengan kekuatan hubungan kuat ke arah positif ($r = 0,652$). Skor *self-efficacy* responden cukup baik 70,76 (SD = 18,778) dan skor perilaku pencegahan PTM dalam kategori baik 133,20 (SD = 19,829).

Kesimpulan: Semakin tinggi *self-efficacy* maka, semakin tinggi perilaku pencegahan PTM pada remaja.

Kata Kunci: perilaku remaja; penyakit tidak menular; *self-efficacy*.



Abstrak

THE RELATIONSHIP BETWEEN *SELF-EFFICACY* AND NON-COMMUNICABLE DISEASE PREVENTION BEHAVIOR IN ADOLESCENTS

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Background: Adolescents are a vulnerable group for non-communicable diseases (NCDs) due to lifestyle changes. Self-efficacy plays an essential role in shaping preventive health behaviors; however, the level of self-efficacy among Indonesian adolescents remains relatively low. This study aims to examine the relationship between self-efficacy and NCD preventive behaviors among adolescents at SMK Mulya Husada Purwokerto.

Methods: This study employed a quantitative correlational design with a cross-sectional approach. The sample consisted of 202 students selected using proportionate stratified random sampling. Data were collected using the Self-Efficacy questionnaire and the Health Promoting Lifestyle Profile II (HPLP-II). The relationship between variables was analyzed using Pearson Product Moment test.

Results: The findings revealed a significant relationship between self-efficacy and NCD preventive behaviors among adolescents ($p\text{-value} = 0,001$), with a strong positive correlation ($r = 0,652$). The self-efficacy score of the respondents was categorized as fairly good (mean = 70.76; SD = 18.778), while their NCD preventive behavior score was categorized as good (mean = 133.20; SD = 19.829).

Conclusion: Higher levels of self-efficacy are associated with better NCD preventive behaviors among adolescents.

Keywords: adolescent behavior; non-communicable diseases; self-efficacy

