

ABSTRAK

Program Studi Keperawatan Program Sarjana
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Hubungan *Health Belief Model* Dengan Kepatuhan Diet Pasien Hipertensi Di RSI PKU Muhammadiyah Pekajangan

xv + 120 Hal + 7 Tabel + 2 Gambar + 21 Lampiran

Latar belakang : Diet yang tepat merupakan salah satu faktor utama untuk mengontrol hipertensi. Namun, realita di lapangan tidak semua pasien hipertensi mematuhi diet hipertensi. Salah satu faktor yang mempengaruhi kepatuhan diet *Health Belief Model* (HBM).

Tujuan penelitian : untuk mengetahui hubungan *health belief model* dengan kepatuhan diet pasien hipertensi di RSI PKU Muhammadiyah Pekajangan Pekalongan

Metode : Penelitian ini menggunakan desain studi *deskriptif korelatif*, dengan pendekatan *cross sectional*. Teknik sampling menggunakan *accidental sampling* dengan sampel sejumlah 88 responden. Instrument penelitian ini menggunakan kuesioner. Analisis data uji korelasi menggunakan uji *rank spearman*.

Hasil : Hasil uji statistik *Rank Spearman* diperoleh $p\text{ value}=0,000$ ($p\text{ value} < 0,05$) yang berarti ada hubungan *health belief model* (HBM) dengan kepatuhan diet pasien hipertensi di RSI PKU Muhammadiyah Pekajangan. Nilai korelasi *Spearman* (r) sebesar 0,631 menunjukkan bahwa kekuatan hubungan kuat dan arah korelasinya searah artinya semakin tinggi tingkat keyakinannya diikuti semakin tinggi tingkat kepatuhan diet hipertensinya.

Kesimpulan : Ada hubungan kuat *health belief model* (HBM) dengan kepatuhan diet pasien hipertensi di RSI PKU Muhammadiyah Pekajangan dengan arah korelasi positif artinya semakin tinggi tingkat keyakinannya diikuti semakin tinggi tingkat kepatuhan diet hipertensinya.

Kata kunci : *health belief model*, kepatuhan diet, hipertensi

Daftar Pustaka : 38 (2019-2025)

ABSTRACT

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The Relationship Between Health Belief Model and Diet Compliance of Hypertension Patients at RSI PKU Muhammadiyah Pekajangan

xv + 120 Pages + 7 Tables + 2 Figures + 21 Appendices

Background: *A proper diet is a key factor in controlling hypertension. However, in reality, not all hypertensive patients adhere to the hypertension diet. One factor influencing dietary adherence is the Health Belief Model (HBM)..*

Research Objective: *To determine the relationship between the health belief model and dietary adherence in hypertensive patients at the PKU Muhammadiyah Pekajangan Islamic Hospital in Pekalongan.*

Method: *This study used a descriptive, correlative study design with a cross-sectional approach. The sampling technique used accidental sampling with a sample of 88 respondents. The research instrument used a questionnaire. Data analysis for correlation testing used the Spearman rank test.*

Results: *The Spearman rank test obtained a p-value of 0.000 ($p\text{-value} < 0.05$), indicating a relationship between the health belief model (HBM) and dietary adherence in hypertensive patients at the PKU Muhammadiyah Pekajangan Islamic Hospital. The Spearman correlation (r) value of 0.631 indicates a strong relationship, and the direction of the correlation is unidirectional. This means that higher levels of belief are followed by higher levels of adherence to the hypertension diet.*

Conclusion: *There is a strong relationship between the health belief model (HBM) and dietary compliance of hypertension patients at RSI PKU Muhammadiyah Pekajangan with a positive correlation direction, meaning that the higher the level of belief, the higher the level of compliance with the hypertension diet.*

Keywords : *health belief model, dietary compliance, hypertension*

References : *38 (2019-2025)*