

Health Belief Dan Status Kesehatan Mental Penderita Hipertensi Di Melonguane

ABSTRAK

Badan Pusat Statistik Kabupaten Kepulauan Talaud tahun 2018 menunjukkan penderita hipertensi di Talaud sebanyak 3.124 jumlah kasus. Stres yang tidak terkontrol menjadi salah satu faktor penyebab hipertensi sehingga perlu dilakukan pencegahan dengan mempelajari dan memahami perilaku yang tepat menggunakan teori *health belief model* (HBM). Tujuan penelitian ini adalah mendeskripsikan *health belief* dan status kesehatan mental penderita hipertensi di Kabupaten Kepulauan Talaud serta mengidentifikasi hubungan antara keduanya. Penelitian ini menggunakan metode kuantitatif dengan pendekatan *cross-sectional*. Penelitian berlokasi di Kota Melonguane, sampel penelitian sebanyak 50 orang yang sesuai kriteria inklusi yakni suku asli Talaud, usia ≥ 18 tahun, mempunyai riwayat hipertensi yang didiagnosa dokter di Puskesmas Melonguane, dan sudah hipertensi minimal 3 tahun. Instrumen penelitian terdiri dari kuesioner *health belief model*, kuesioner *mental health inventory*, lembar data diri dan tensimeter *digital*. Hasil penelitian menunjukkan tidak ada hubungan antara *health belief* dan status kesehatan mental dengan nilai *p - value* di atas taraf signifikansi 0,05. Tidak ada hubungan antara *health belief* dan status kesehatan mental karena *Health belief*.

Kata Kunci: *Health belief*, hipertensi, status kesehatan mental

Health Belief And Mental Health Status Of Hypertensive Sufferers In Melonguane

ABSTRACT

*According to Badan Pusat Statistik of Talaud Island Regency in 2018, the case of hypertensive sufferers in Talaud were 3.124 people. Uncontrolled-stress became the main factor to the hypertensive so that needed to do the prevention by studying and understanding the right behavior using the health belief model (HBM) theory. This study aimed to describe the health belief and mental health status of the hypertensive sufferers in the Talaud Islands Regency and to identify both of its relations. This study used a quantitative method with cross-sectional closure. This study was conducted in Melonguane City, the samples are 50 people who met the inclusion criteria. The instrument of this study was questionnaires of health belief model, questionnaires of mental health inventory, self datasheets, and digital tensimeter. The data were analyzed by the Pearson Product Moment correlation to determine the correlation between the two variables. The result of this study showed that there no relation between health belief and mental health status by the *p-value* > 0.05 . There is no relationship between health belief and mental health status because the health belief was the variable that represents the individual perception related to the disease that was suffered, whilst the mental health status was the variable that represents the individual feelings in general such as anxiety, depression, emotional loss control, and some of the indicators.*

Keywords: *Health belief, hypertensive, mental health status*