

PROGRAM STUDI S1 KEPERAWATAN
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PENGARUH PEMBERIAN EDUKASI *THERAPEUTIC LIFESTYLE CHANGE* (TLC) TERHADAP PERILAKU TERENCANA PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS SIMPANG TIGA PEKANBARU

xiv + 71 Halaman + 2 Skema + 21 Table + 23 Lampiran + 1 Gambar

ABSTRAK

Hipertensi disebut sebagai “*silent killer*” karena sering muncul tanpa adanya gejala sehingga banyak yang tidak menyadarinya. Salah satu intervensi untuk pengendalian hipertensi adalah edukasi. *Therapeutic Lifestyle Change* (TLC) adalah serangkaian kegiatan terapeutik yang dilakukan dalam memandirikan penderita agar dapat menata gaya hidup secara mandiri dan beradaptasi dengan penyakitnya. Perilaku terencana memiliki tiga komponen yaitu keyakinan perilaku, norma subjektif, dan kontrol keyakinan. Tujuan penelitian ini untuk mengetahui pengaruh pemberian edukasi *Therapeutic Lifestyle Change* (TLC) terhadap perilaku terencana pada penderita hipertensi di Wilayah Kerja Puskesmas Simpang Tiga Pekanbaru. Jenis penelitian adalah kuantitatif dengan desain *quasy eksperiment* dan rancangan penelitian *pre-test and post-test nonequivalent control group*. Responden berjumlah 19 orang kelompok intervensi dan 19 orang kelompok kontrol. Dari hasil penelitian ini menggunakan uji *paired sample t-test* menunjukkan pada kelompok intervensi keyakinan perilaku didapatkan *p value* 0,001 ($< 0,05$) dan kelompok kontrol *p value* 0,000 ($< 0,05$) artinya H_0 ditolak sehingga ada pengaruh *Therapeutic Lifestyle Change* (TLC) pada kelompok intervensi dan kelompok kontrol. Pada uji *independent sample t-test* menunjukkan bahwa nilai *p value* sebelum dan sesudah perlakuan pada kelompok intervensi dan kelompok kontrol keyakinan perilaku 0,000 ($< 0,05$) artinya H_0 ditolak, ada perbedaan dari rata-rata kelompok intervensi dan kelompok kontrol. Hasil penelitian ini diharapkan dapat memberikan informasi dan menambah pengetahuan bagi penderita hipertensi dan bagi penelitian selanjutnya diharapkan dapat membahas mengenai edukasi *Therapeutic Lifestyle Change* (TLC) yang dapat meningkatkan norma subjektif (*Norrmative Beliefs*) dan kontrol keyakinan (*Control Beliefs*) terhadap perilaku terencana pada penderita hipertensi.

Kata Kunci: Hipertensi; *Therpeutic Lifestyle Change* (TLC); Perilaku Terencana.

NURSING PROGRAM STUDY
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THE EFFECT OF PROVIDING THERAPEUTIC LIFESTYLE CHANGE (TLC) EDUCATION ON PLANNED BEHAVIOR IN PATIENTS WITH HYPERTENSION IN THE WORKING AREA OF THE SIMPANG TIGA HEALTH CENTER IN PEKANBARU.

xiv + 71 Pages + 2 Schemes + 21 Tables + 23 Attachments + 1 Pictures

ABSTRACT

Hypertension is referred to as the "silent killer" because it often appears without symptoms so that many are not aware of it. One of the interventions to control hypertension is education. Therapeutic Lifestyle Change (TLC) is a series of therapeutic activities carried out in empowering patients to independently manage their lifestyle and adapt to their disease. Planned behavior has three components, namely behavioral beliefs, subjective norms, and control beliefs. The purpose of this study was to determine the effect of providing Therapeutic Lifestyle Change (TLC) education on planned behavior in patients with hypertension in the Simpang Tiga Pekanbaru Health Center Working Area. The type of research is quantitative with a quasy experimental design and pre-test and post-test nonequivalent control group research design. Respondents totaled 19 people in the intervention group and 19 people in the control group. From the results of this study using the paired sample t-test test showed that in the intervention group behavioral beliefs obtained p value 0.001 (<0.05) and the control group p value 0.000 (<0.05) meaning H_0 was rejected so that there was an effect of Therapeutic Lifestyle Change (TLC) in the intervention group and control group. The independent sample t-test test shows that the p value before and after treatment in the intervention group and the behavioral belief control group is 0.000 (<0.05), meaning H_0 is rejected, there is a difference in the average of the intervention group and the control group. The results of this study are expected to provide information and increase knowledge for people with hypertension and for further research is expected to discuss Therapeutic Lifestyle Change (TLC) education that can increase subjective norms (Normative Beliefs) and control beliefs on planned behavior in people with hypertension.

Keywords : Hypertension; Therapeutic Lifestyle Change (TLC); Planned Behavior.