

# Pengembangan Model Edukasi Keperawatan: Monitoring Perilaku Sehat Pekerja Minyak dan Gas dalam Pencegahan Penyakit Tidak menular = Nursing Education and Monitoring for Healthy Behavior of Oil and Gas Workers in Prevention of Non-communicable Diseases

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## Abstrak

Penyakit Tidak Menular (PTM) merupakan penyebab kematian tertinggi baik di dunia maupun di Indonesia. Berbagai upaya pengendalian PTM telah banyak dilakukan, namun masih dihadapkan dengan tantangan tingkat retensi perilaku hidup sehat yang masih rendah. Penelitian ini bertujuan untuk mengembangkan Model Edukasi Keperawatan Monitoring Perilaku Sehat untuk membentuk perilaku sehat mencegah PTM pada pekerja minyak dan gas. Penelitian terdiri dari dua tahapan, yaitu pengembangan model dan pengujian efektifitasnya. Tahap pengembangan model diawali dengan identifikasi masalah secara kuantitatif, integrasi hasil identifikasi masalah, studi literatur dan konsultasi pakar. Tahap dua menguji efektifitas model untuk meningkatkan kepatuhan perilaku sehat dan mengendalikan risiko PTM, menggunakan kuasi eksperimen dengan desain pre-test post-test control group, melibatkan 149 subjek. Hasil penelitian tahap satu diperoleh Model Edukasi Keperawatan Monitoring Perilaku Sehat beserta perangkat model untuk pekerja. Hasil penelitian tahap dua membuktikan bahwa peningkatan kepatuhan perilaku sehat lebih tinggi pada kelompok intervensi dibandingkan dengan kelompok kontrol. Terlihat juga bahwa penurunan risiko PTM seperti IMT, HDL dan tekanan darah lebih tinggi pada kelompok intervensi dibandingkan kelompok kontrol. Kesimpulan hasil penelitian yaitu Model Edukasi Keperawatan Monitoring Perilaku Sehat efektif meningkatkan kepatuhan dan mengendalikan beberapa komponen risiko PTM.

.....Non-communicable diseases (NCDs) are the leading cause of death both in the world and Indonesia. Various efforts to control NCDs have been made, but they are still facing the challenge of low levels of healthy behavior retention. This study aims to develop a nursing education and monitoring for healthy behavior model to establish healthy behavior to prevent NCDs in oil and gas workers. The research consists of two stages: model development and testing its effectiveness. The model development stage begins with quantitative identification of problems, integration of problem identification results, a literature study, and expert consultation. The second stage is to test the effectiveness of the model to improving compliance with healthy behaviors and controlling the risk of NCDs using quasi-experimental pre-test post-test with control group designs, involving 149 subjects. The the first stage of the research obtained a Nursing Education and Monitoring for Healthy Behavior Model along with a model device for workers. The results of the second stage of the study proved that the increase in adherence to healthy living behaviors was higher in the intervention group compared to the control group. The results also showed that the reduced risk of NCDs such as BMI, HDL, and blood pressure, was higher in the intervention group compared to the control group. The conclusion of the study is that the Nursing Education and Monitoring for Healthy Behavior Model effectively improves compliance and controls some of the risk components of NCDs.