

THE INFLUENCE OF HEALTH EDUCATION BASED ON HEALTH BELIEF MODEL THEORY ON BEHAVIOR TO PREVENT POSTOPERATIVE COMPLICATIONS WITH SPINAL ANESTHESIA

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ABSTRACT

The danger of postoperative complications can prolong the healing process. Prevention is needed by improving patient behavior. Health education based on the Health Belief Model can be applied to improve behavior based on patient perceptions. The aim of this research is to prove the effect of health education based on the Health Belief Model theory on behavior to prevent postoperative complications with spinal anesthesia. This research uses a True Experiment design with a Pretest-Posttest Control Group Design approach. The population in this study were elective preoperative patients with spinal anesthesia and a sample of 60 respondents was taken using a simple random sampling technique. The results of the first statistical test using the Wilcoxon Signed Rank Test in the intervention group, obtained $p = 0.000 < \alpha = 0.05$, meaning that there was a significant difference between the pre-test and post-test results in the intervention group. Second, using the Wilcoxon Signed Rank Test in the control group, the results obtained were $p > \alpha = 0.05$, meaning there was no significant difference between the pre-test and post-test results in the control group. Third, using the Mann Whitney U Test, the p value = $0.000 < \alpha = 0.05$, meaning that there is a difference in patient behavior in the intervention group and the control group. The results of the analysis prove that there is an influence of health education based on the Health Belief Model theory on behavior to prevent postoperative complications with spinal anesthesia.

Keywords: Health Education; Health Belief Model; Behavior; Postoperative Complications.