THE EFFECT OF NURSING COUNSELING BASED ON DOROOTHY E JOHNSON'S BEHAVIORAL SYSTEM MODEL ON KNOWLEDGE AND SELF-EFFICACY OF PATIENTS WITH HYPERTENSION

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ABSTRACT

Hypertension is a non-communicable disease with a high prevalence in Indonesia and is a major risk factor for cardiovascular complications. The high incidence of hypertension is associated with patients' low level of knowledge and self-efficacy in managing the disease independently, highlighting the need for structured, theory-based nursing counseling. This study aimed to analyze the effect of nursing counseling based on Dorothy E. Johnson's Behavioral System Model on the knowledge and self-efficacy of hypertensive patients at RSUD Ngudi Waluyo Wlingi. This study employed a quasi-experimental design with a pre-test and post-test approach. The sample consisted of hypertensive patients who met the inclusion and exclusion criteria, selected using a non-probability sampling technique. Knowledge levels were measured using the Hypertension Knowledge-Level Scale (HK-LS), while self-efficacy was assessed using the Self-Care Efficacy subscale of the Hypertension Self-Care Profile (HBP-SCP). Data were analyzed using the Mann-Whitney statistical test. The results showed a significant improvement in patients' knowledge and self-efficacy after the intervention. Before counseling, most respondents had a moderate level of knowledge (74.2%), which increased to a high level (85.5%) after the intervention. Self-efficacy also improved, from no respondents in the high category (0%) to the majority reaching a high level (79.0%). The p-value of 0.000 ($p < 0.05$) indicated a significant effect of nursing counseling based on Dorothy E. Johnson's Behavioral System Model on patients' knowledge and self-efficacy. In conclusion, counseling based on this model is effective in improving knowledge and self-efficacy among hypertensive patients and can be integrated into the standard operating procedures for patient education at RSUD Ngudi Waluyo Wlingi.

Kata kunci : Hypertension, Nursing Counseling, dorothy E Johnson Behavioral System Model, Knowledge, Self-efficacy.