The Relationship Between the Level of Early Mobilization Adherence Based on the Health Belief Model and Independence and Self-Confidence in Post-Operative Lower Extremity Fracture Patients at Karsa Husada Batu Regional General Hospital

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ABSTRACT

Background: Early mobilization is an essential intervention for post-operative extremity fracture patients to accelerate functional recovery, enhance independence, and improve self-confidence. However, patients' adherence to early mobilization varies and is influenced by their health perceptions. The *Health Belief Model* (HBM) is used to understand belief-related factors that influence adherence to early mobilization behavior. **Objective**: This study aimed to analyze the relationship between early mobilization adherence based on the *Health Belief Model* and independence and self-confidence among post-operative extremity fracture patients at RSUD Karsa Husada Batu. **Methods**: This study employed a cross-sectional design. The sample consisted of post-operative extremity fracture patients hospitalized at RSUD Karsa Husada Batu, selected according to inclusion criteria. Data were collected using an early mobilization adherence questionnaire based on the *Health Belief Model*, an independence questionnaire, and a self-confidence questionnaire. Bivariate analysis was conducted using the Spearman Rank test. **Results**: The results showed a significant relationship between early mobilization adherence and patient independence ($p < 0.05$) as well as a significant relationship between early mobilization adherence and patient self-confidence ($p < 0.05$). Patients with higher adherence to early mobilization tended to have better independence and higher self-confidence. **Conclusion**: There is a significant relationship between early mobilization adherence based on the *Health Belief Model* and independence and self-confidence among post-operative extremity fracture patients. Implementing *Health Belief Model*-based education and nursing interventions is recommended to improve early mobilization adherence and support patient recovery.

Keywords: adherence, early mobilization, *Health Belief Model*, independence, self-confidence, extremity fracture