

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Pengaruh Pemberdayaan Kelompok Khusus Berbasis *Social Determinants of Health* (SDH) terhadap *Health Behavior* Wanita Penderita Hipertensi di Desa Darsono Kecamatan Arjasa

xxi+ 110 halaman + 15 tabel + 19 lampiran

Abstrak

Pendahuluan: Hipertensi merupakan salah satu masalah kesehatan kronis yang masih banyak ditemukan di masyarakat dan membutuhkan pengelolaan perilaku kesehatan yang baik untuk mencegah komplikasi. Rendahnya perilaku kesehatan pada penderita hipertensi sering dipengaruhi oleh faktor sosial, pendidikan, ekonomi, serta dukungan lingkungan. Pendekatan pemberdayaan berbasis *Social Determinants of Health* (SDH) menjadi salah satu strategi untuk meningkatkan perilaku kesehatan masyarakat melalui intervensi berbasis komunitas. **Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh pemberdayaan kelompok berbasis SDH terhadap *health behavior* pada wanita hipertensi. **Metode:** Penelitian ini menggunakan desain pra-eksperimental dengan pendekatan *one group pretest-posttest*. Sampel dalam penelitian ini berjumlah 35 responden yang dipilih menggunakan teknik total sampling. Instrumen penelitian berupa kuesioner perilaku kesehatan. Analisis data menggunakan uji *Wilcoxon Signed Rank Test*. **Hasil:** Hasil penelitian menunjukkan peningkatan *health behavior* wanita penderita hipertensi setelah intervensi pemberdayaan kelompok khusus berbasis SDH. Kategori perilaku kesehatan baik meningkat dari 20,0% menjadi 54,3%, sedangkan kategori kurang menurun dari 42,9% menjadi 11,4%. Nilai median meningkat dari 15 menjadi 19. Hasil uji *Wilcoxon* menunjukkan $Z = -3,421$, $p = 0,001$, dan *effect size* (r) = 0,57. **Pembahasan:** Pemberdayaan kelompok khusus berbasis SDH terbukti efektif dalam meningkatkan perilaku kesehatan melalui peningkatan pengetahuan, dukungan sosial, dan partisipasi aktif masyarakat dalam pengelolaan hipertensi.

Kata kunci: *Social Determinants of Health*; Pemberdayaan Kelompok Khusus; Hipertensi; *Health Behavior*

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ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
FACULTY OF HEALTH SCIENCES
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Thesis, May 2026

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The Effect of Special Population Empowerment Based on Social Determinants of Health (SDH) on Health Behavior among Women with Hypertension in Darsono Village, Arjasa District

xxi + 111 pages + 15 tables + 19 appendices

Abstract

Background: Hypertension was a chronic health condition that required proper health behavior management to prevent serious complications. Poor health behavior among hypertensive patients was often influenced by social, educational, economic, and environmental factors. Community empowerment based on Social Determinants of Health (SDH) was considered an effective approach to improve health behavior through community-based interventions. **Objective:** This study aimed to analyze the effect of SDH-based community empowerment on health behavior among women with hypertension. **Methods:** This study employed a pre-experimental design with a one-group pretest–posttest approach. A total of 35 respondents were selected using a total sampling technique. The research instrument was a health behavior questionnaire. Data were analyzed using the Wilcoxon Signed Rank Test. **Results:** The study showed an improvement in the health behavior of women with hypertension following a Special Population empowerment intervention based on Social Determinants of Health (SDH). The proportion of participants with good health behavior increased from 20.0% to 54.3%, while poor health behavior decreased from 42.9% to 11.4%. The median score increased from 15 to 19. Wilcoxon Signed Rank Test results showed $Z = -3.421$, $p = 0.001$, and an effect size (r) of 0.57. **Discussion:** Special Population empowerment based on SDH effectively improved health behavior by enhancing knowledge, social support, and active participation in hypertension management.

Keywords: *Social Determinants of Health; Special Population Empowerment; Hypertension; Health Behavior*

Reference: 2020-2025