

ABSTRAK

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Skripsi, Juli 2026
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Hubungan *Self-Efficacy* Dengan *Physical Preparedness* Dalam Menghadapi Bencana Gempa *Megathrust* Pada Masyarakat Di Desa Andongrejo Kecamatan Tempurejo

xix + 81 halaman + 1 bagan + 18 tabel + 2 gambar + 17 lampiran

Abstrak

Kesiapsiagaan terhadap bencana sangat penting untuk mengurangi risiko dan dampaknya, terutama bagi masyarakat yang tinggal di daerah rawan gempa *megathrust*. Gempa *megathrust* dapat terjadi di kota pesisir Andongrejo, Kecamatan Tempurejo, Kabupaten Jember. *Self-Efficacy* merupakan salah satu aspek yang memengaruhi Kesiapsiagaan fisik (*Physical Preparedness*). Tujuan penelitian ini adalah untuk mengetahui bagaimana hubungan antara *Self-Efficacy* dan *Physical Preparedness* dalam menghadapi bencana gempa *megathrust*. Penelitian ini menggunakan metodologi cross-sectional dan desain kuantitatif. Populasi penelitian terdiri dari 1.587 rumah tangga, dan untuk menghitung ukuran sampel sebanyak 94 responden, digunakan pendekatan pengambilan *stratified random sampling* serta rumus Slovin dengan margin of error sebesar 10%. Instrumen penelitian memakai kuesioner *self-efficacy* yang dimodifikasi dari *General Self-Efficacy Scale* dan kuesioner *physical preparedness* berdasarkan indikator BNPB. Analisis data menggunakan uji Spearman Rank. Berdasarkan temuan penelitian ini, seluruh responden memiliki tingkat *physical preparedness* sedang (100%) dan mayoritas responden memiliki tingkat efikasi diri yang tinggi (63,8%). Hasil uji menunjukkan terdapat hubungan yang signifikan antara *self-efficacy* dengan *physical preparedness* ($p < 0,000$; $r = 0,633$). Kesimpulan penelitian ini adalah terdapat hubungan antara *self-efficacy* dengan *physical preparedness*. Implikasi keperawatan menunjukkan pentingnya peningkatan *self-efficacy* melalui edukasi dan simulasi kebencanaan guna meningkatkan kesiapsiagaan fisik masyarakat.

Kata Kunci: Kesiapsiagaan Bencana, *Physical Preparedness*, *Self-Efficacy*

Daftar Pustaka: 46 (2015-2025)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Thesis, July 2026
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The Relationship Between Self-Efficacy and Physical Preparedness in Coping with a Megathrust Earthquake Among Residents of Andongrejo Village, Tempurejo Subdistrict

xix + 81 pages + 1 chart + 18 tables + 2 figures + 17 appendices

Abstract

Disaster preparedness is crucial for reducing risks and impacts, especially for communities living in areas prone to megathrust earthquakes. A megathrust earthquake could occur in the coastal town of Andongrejo, Tempurejo Subdistrict, Jember Regency. Self-efficacy is one of the factors influencing physical preparedness. The purpose of this study is to determine the relationship between self-efficacy and physical preparedness in the face of a megathrust earthquake. This study employed a cross-sectional methodology and a quantitative design. The study population consisted of 1,587 households, and to determine a sample size of 94 respondents, a stratified random sampling approach was used along with the Slovin formula, with a margin of error of 10%. The research instruments included a self-efficacy questionnaire modified from the General Self-Efficacy Scale and a physical preparedness questionnaire based on BNPB indicators. Data analysis was performed using the Spearman rank test. Based on the findings of this study, all respondents had a moderate level of physical preparedness (100%), and the majority of respondents had a high level of self-efficacy (63.8%). The test results indicated a significant relationship between self-efficacy and physical preparedness ($p < 0.000$; $r = 0.633$). The conclusion of this study is that there is a relationship between self-efficacy and physical preparedness. The nursing implications highlight the importance of enhancing self-efficacy through education and disaster simulations to improve the community's physical preparedness.

Keywords: Disaster Preparedness, Physical Preparedness, Self-Efficacy

References: 46 (2015-2025)