

**GAMBARAN PERILAKU KESEHATAN KLIEN DAN
KELUARGA PADA USIA DEWASA DENGAN PENYAKIT
TIDAK MENULAR DALAM PROGRAM
INTERPROFESSIONAL EDUCATION DI *SETTING*
KOMUNITAS: ANALISIS DOKUMEN**

SKRIPSI

Disusun untuk Memenuhi Salah Satu Tugas Mata Kuliah Skripsi



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ABSTRAK

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Gambaran Perilaku Kesehatan Klien dan Keluarga pada Usia Dewasa dengan Penyakit Tidak Menular dalam Program *Interprofessional Education* di *Setting* Komunitas: Analisis Dokumen

xxxv + 58 Halaman + 4 Tabel + 4 Gambar + 8 Lampiran

Penyakit Tidak Menular (PTM) merupakan penyebab utama kematian global dan sangat dipengaruhi oleh perilaku kesehatan, seperti kepatuhan minum obat dan gaya hidup. *Interprofessional Education* (IPE) dikembangkan untuk memperkuat kolaborasi lintas profesi dalam pengelolaan PTM, namun bukti mengenai gambaran perilaku kesehatan klien dalam implementasinya di komunitas masih terbatas. Penelitian ini bertujuan mendeskripsikan perilaku kesehatan klien dan keluarga usia dewasa dengan PTM dalam program IPE di setting komunitas. Penelitian menggunakan desain deskriptif dengan metode analisis dokumen terhadap 32 laporan IPE tahun 2023-2025 di FK Universitas Diponegoro dengan total sampling. Data diekstraksi menggunakan lembar telaah dokumen dan dianalisis secara deskriptif. Hasil menunjukkan mayoritas klien berjenis kelamin perempuan (63,2%) dengan PTM terbanyak hipertensi (71,1%). Sebelum kegiatan IPE, kepatuhan minum obat didominasi kategori tidak patuh (57,9%), kemudian sesudah kegiatan IPE mayoritas menjadi patuh (55,3%). Perilaku gaya hidup sebelum dan sesudah kegiatan IPE sebagian besar pada kategori cukup (78,9% dan 72,7%) dengan kecenderungan perbaikan, yang ditunjukkan oleh penurunan proporsi kategori kurang dari 15,8% menjadi 7,9% serta peningkatan kategori baik dari 5,3% menjadi 18,4%. Kegiatan IPE paling banyak berupa edukasi (76,3%), baik tunggal maupun kombinasi. Temuan ini menunjukkan program IPE berkontribusi terhadap perbaikan perilaku kesehatan, terutama kepatuhan minum obat, meskipun perubahan gaya hidup belum dominan. Disarankan peningkatan kualitas dan konsistensi pencatatan laporan IPE agar data lebih lengkap dan komprehensif, serta penguatan metode evaluasi melalui analisis yang lebih mendalam sehingga *outcome* perilaku kesehatan dapat dinilai secara lebih optimal dan berbasis *evidence*.

Kata Kunci : Penyakit Tidak Menular, Perilaku Kesehatan, *Interprofessional Education*

Daftar Pustaka: 74 (2010-2025)

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ABSTRACT

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Health Behavior of Adult Clients and Families with Non-Communicable Diseases in an Interprofessional Education Program in a Community Setting: A Document Analysis

xxxv + 58 Pages + 4 Tables + 4 Pictures + 8 Attachment

Non-Communicable Diseases (NCDs) are the leading cause of global mortality and are strongly influenced by health behaviors, such as medication adherence and lifestyle practices. Interprofessional Education (IPE) has been developed to strengthen interprofessional collaboration in the management of NCDs; however, evidence describing clients' health behaviors in its implementation within community settings remains limited. This study aimed to describe the health behaviors of adult clients and their families with NCDs in an IPE program conducted in a community setting. This study employed a descriptive design using a document analysis method of 32 IPE reports from 2023–2025 at the Faculty of Medicine, Universitas Diponegoro, using a total sampling technique. Data were extracted using a document review form and analyzed descriptively. The results showed that the majority of clients were female (63.2%), with hypertension being the most common NCD (71.1%). Before the IPE activities, medication adherence was predominantly categorized as non-adherent (57.9%), whereas after the IPE activities the majority of clients became adherent (55.3%). Lifestyle behavior before and after the IPE activities was mostly in the moderate category (78.9% and 72.7%), with a tendency toward improvement, indicated by a decrease in the proportion of the poor category from 15.8% to 7.9% and an increase in the good category from 5.3% to 18.4%. Most IPE activities consisted of educational interventions (76.3%), either as single or combined approaches. These findings indicate that the IPE program contributes to improvements in health behaviors, particularly medication adherence, although lifestyle changes were not yet dominant. It is recommended to improve the quality and consistency of IPE report documentation to ensure more complete and comprehensive data, as well as to strengthen evaluation methods through more in-depth analyses so that health behavior outcomes can be assessed more optimally and based on evidence.

Keywords : Non-Communicable Diseases, Health Behavior, Interprofessional Education

References :74 (2010–2025)