

## **Determinan Perilaku Pencegahan Penyakit Kardiovaskular Berdasarkan Model Capability, Opportunity, Motivation of Behaviour (COM-B) Sebagai Dasar Pengembangan Promosi Kesehatan di Tempat Kerja**

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### **Abstrak**

**Pendahuluan.** Penyakit kardiovaskular merupakan penyebab utama kematian dan salah satu masalah kesehatan utama pada kelompok usia produktif. Tingginya faktor risiko yang dapat dimodifikasi, seperti merokok, kurang aktivitas fisik, obesitas, hipertensi, dan dislipidemia menunjukkan pentingnya perilaku pencegahan penyakit kardiovaskular pada pekerja. Penelitian ini bertujuan menganalisis determinan perilaku pencegahan penyakit kardiovaskular berdasarkan model Capability, Opportunity, Motivation of Behaviour (COM-B) sebagai dasar pengembangan promosi kesehatan di tempat kerja. **Metode.** Penelitian menggunakan desain kuantitatif analitik dengan pendekatan potong lintang (cross-sectional) pada 116 pekerja PT NP Group. Data dikumpulkan menggunakan kuesioner COM-B dan dianalisis secara univariat, bivariat menggunakan uji Chi-Square, serta multivariat menggunakan regresi logistik. **Hasil.** Sebagian besar responden memiliki perilaku pencegahan penyakit kardiovaskular yang rendah (55,2%). Analisis bivariat menunjukkan bahwa psychological capability yang terdiri dari action planning, action control, dan decision making ( $p < 0,001$ ), reflective motivation ( $p = 0,009$ ), serta automatic motivation ( $p < 0,001$ ) berhubungan signifikan dengan perilaku pencegahan penyakit kardiovaskular. Sebaliknya, physical capability ( $p = 0,442$ ), knowledge ( $p = 0,947$ ), physical opportunity ( $p = 0,615$ ), dan social opportunity ( $p = 0,589$ ) tidak menunjukkan hubungan yang signifikan. Hasil analisis multivariat menunjukkan bahwa automatic motivation (OR = 1,249;  $p = 0,033$ ) dan psychological capability (OR = 1,172;  $p = 0,020$ ) merupakan determinan yang berpengaruh signifikan terhadap perilaku pencegahan penyakit kardiovaskular, sedangkan reflective motivation tidak lagi signifikan setelah dikontrol bersama variabel lain ( $p = 0,146$ ). Variabel sosiodemografi berupa usia, jenis kelamin, tingkat pendidikan, dan status pernikahan juga tidak berpengaruh signifikan. Model akhir memiliki nilai Nagelkerke R Square sebesar 0,323 dan tingkat ketepatan klasifikasi sebesar 71,6%. **Kesimpulan.** automatic motivation dan psychological capability merupakan determinan utama perilaku pencegahan penyakit kardiovaskular pada pekerja. Oleh karena itu, program promosi kesehatan di tempat kerja perlu difokuskan pada pembentukan kebiasaan sehat, penguatan regulasi diri, action planning, action control, dan decision making untuk meningkatkan efektivitas pencegahan penyakit kardiovaskular pada pekerja.

**Introduction.** Cardiovascular disease (CVD) remains the leading cause of mortality worldwide and is a major health concern among the productive working-age population. The high prevalence of modifiable risk factors, including smoking, physical inactivity, obesity, hypertension, and dyslipidemia, highlights the importance of preventive health behaviours among workers. This study aimed to analyze the determinants of cardiovascular disease prevention behaviour based on the Capability, Opportunity, Motivation&ndash;Behaviour (COM-B) model as a foundation for developing workplace health promotion programs. **Method.** A quantitative analytic study with a cross-sectional design was conducted among 116 employees of PT NP Group. Data were collected using a COM-B-based questionnaire and analyzed through univariate, bivariate (Chi-square), and multivariate (logistic regression) analyses.

Result. The results showed that the majority of respondents demonstrated low cardiovascular disease prevention behaviour (55.2%). Bivariate analysis revealed significant associations between psychological capability, particularly action planning, action control, and decision making ( $p < 0.001$ ), reflective motivation ( $p = 0.009$ ), and automatic motivation ( $p < 0.001$ ) with cardiovascular disease prevention behaviour. In contrast, physical capability ( $p = 0.442$ ), knowledge ( $p = 0.947$ ), physical opportunity ( $p = 0.615$ ), and social opportunity ( $p = 0.589$ ) were not significantly associated with preventive behaviour. Multivariate analysis indicated that automatic motivation (OR = 1.249;  $p = 0.033$ ) and psychological capability (OR = 1.172;  $p = 0.020$ ) were significant determinants of cardiovascular disease prevention behaviour, whereas reflective motivation was no longer significant after adjustment for other variables ( $p = 0.146$ ). Sociodemographic factors, including age, sex, educational level, and marital status, were also not significantly associated with preventive behaviour. The final model demonstrated a Nagelkerke R Square of 0.323 and an overall classification accuracy of 71.6%. Conclusion. This study concludes that automatic motivation and psychological capability are the primary determinants of cardiovascular disease prevention behaviour among workers. Therefore, workplace health promotion programs should focus on strengthening healthy habits, self-regulation skills, action planning, action control, and decision-making abilities to enhance the effectiveness of cardiovascular disease prevention efforts in the workplace. Keywords: cardiovascular disease, preventive behaviour, workplace health promotion, COM-B, psychological capability, opportunity, reflective motivation, automatic motivation.