

The Relationship Between *Self-Efficacy* By Behavior Health Hypertension On Age Mature Young In the work area Public health center Dampit

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ABSTRACT

Introduction: This research illustrates the importance of self-efficacy in influencing health behavior related to hypertension in young adults in the Dampit Community Health Center working area. **Method:** This research uses a quantitative methodology with a descriptive analytical design, measuring the dependent variable (health behavior) at a certain time and the independent variable (self-efficacy). The cross-sectional approach allows researchers to collect data from various respondents at one time, which is then analyzed to see the relationship between independent and dependent variables **Results:** The results of data analysis show that there is a positive relationship between self-efficacy and hypertension health behavior. This means that the higher the level of self-efficacy, the better the health behavior related to hypertension. With a high correlation coefficient value ($r = 0.678$), this confirms that the relationship between self-efficacy and health behavior related to hypertension is very strong. This indicates that individuals who have a high level of self-efficacy tend to have better health behavior related to hypertension. From these results, it can be concluded that increasing the level of self-efficacy can be an important strategy in improving health behavior related to hypertension in the young adult population in that region. **Conclusion:** Therapy that focuses on increasing self-efficacy may improve adherence to antihypertensive treatment and adoption of a healthy lifestyle, which in turn may reduce the risk of heart and vascular disease.

Introduction

Hypertension is a condition in which a person's blood pressure is consistently high, and is one of the main risk factors for blood vessel disease. Often, people with hypertension do not show obvious symptoms, but can be discovered through routine examinations or in situations where there are complaints or other related health problems (Fadhli, 2018) .

Hypertension is often referred to as the " *silent killer* " because this condition often does not show obvious symptoms at first, but can have serious consequences if not detected and treated appropriately. The prevalence of hypertension is quite high in many countries, and tends to increase with changes in lifestyle and an aging population (Supratman, 2019) .

Hypertension, usually also known as high blood pressure, is a chronic disease that requires continuous treatment. Disease This be marked with increased blood pressure in the arteries consistently that need long term treatment. Treatment hypertension aims



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toControl blood pressure to keep it within limits normal. Long time Treatment may vary depending on several factors, including level severity disease And response individual towards treatment. It is important to understand that there are other options for treating hypertension besides medication. Change style life Also can help control pressure blood, like follow a pattern Eat Healthy, sport regular, reduce consumption salt, avoid alcohol And smoking, and managing stress (Aisyah Wulan Rachmawati, 2020) .

However, some people may eventually become bored or disinterested in self-management treatment, which will impact their behavior. A person's *self-efficacy* in reducing blood pressure and increasing compliance with antihypertensive treatment can be influenced by several factors. A number of important aspect of control hypertension and improve compliance are education, understanding, social support, social support, motivation and commitment (Aisyah Wulan Rachmawati, 2020) .

Compliance or continuity in medication use is critical to successful treatment. This applies not only to hypertension, but also to a variety of other chronic medical conditions. Treatment compliance refers to a person's ability to take medication in accordance with the doctor's recommendations, both in terms of dose, frequency and duration of use.

Confidence patient to treatment often become effect side Which felt bother Because in treatment hypertension spending a lot of money, then *self- efficacy* is an important factor Which needed by sufferer hypertension to increase the degree his health . In a health context, *self-efficacy* is often an important factor in motivating someone to take the necessary steps to help control their illness, such as high blood pressure. With a high level of self-efficacy, hypertension sufferers will be more motivated and confident in themselves adopt behavior Which healthy, like follow a balanced diet routine exercising, avoid stress, and take medication in a way regular in accordance with a doctor's prescription (Aisyah Wulan Rachmawati, 2020) .

Hypertension Which No controlled give rise to risk for they are Already suffer from it And can give rise to consequences (Sukmaningsih, Putra, Sujadi, & Ridayanti, 2020) . More according to data WHO of 972 million person or range 26.4% frompopulation on world Which suffering from hypertension and in 2025percentage This will increase become29.2%. There is 333 million people in the country proceed And 632 million person in a country proceed of 972 people with hypertension. Indonesia is Wrong a developing country

The prevalence of hypertension in East Java Province in 2019 was 22.71%, which is equivalent to around 2,360,592 people of the total population in the province. Of this number, the prevalence in men is 18.99%, or around 808,009 people, while the prevalence in women is 20.11%, or around 1,146,412 people. Based on findings study numberincident hypertension in the city Poor onyear 2016 as big as 7.32 %. From 9%

in year 2017, number This go on 1.68% (Ike Pramadaningati, Wiwit Dwi Nurbadriyah, 2019)

Self-efficacy is a belief that someone can perform the tasks required to achieve certain goals. This concept of *self-efficacy* was proposed by Albert Bandura, a leading cognitive psychologist. Confidencesomebody that activity certain willlead to results health Which profitable is objective Which intended. Individual motives and ideas about capacity they related with *self-efficacy* , and all factors This is an important prerequisite for behavior change (Romadhon, Haryanto, Makhfudli, & Hadisuyatmana, 2020) .

According to A study by (Susi Susanti, 2022) Every person who has a high level of *self-efficacy will have compliance with medication, diet low salt, sport* Which thorough, stop smoking, and being able to control weight his body. According to study by (Maryam, 2015) . Hypertension sufferers who have difficulty self-regulating pressure his blood often time show non-compliance with use drug anti-hypertension. No obedience This can be caused by various factors, like no ability understand importance of treatment, side effects undesirables, or difficulties in managing user schedules drug.

Non-adherence or non-compliance with hypertension treatment can increase the risk of health problems and result in inadequate blood pressure regulation. serious ones , such as heart disease, stroke, or other organ damage. Important For understand that treatment hypertension is process period long Which need commitment and discipline.

According to Bandura (2018) In this case, a person's belief in his talents is known as cell efficacy. Having self-efficacy or self-confidence is very important to increase adherence to antihypertensive treatment . When someone has a high level of *self-efficacy* , they tend to have a strong belief that they are able to manage and carry out their treatment effectively. If somebody own confidence self tall one, they tend to more motivated For follow treatment Which recommended and make lifestyle changes Which required.

To treatment Also can influence obedience patient. Besides That, factor knowledge And patient's understanding of the disease And importance Treatment can also have an impact obedience patient. Factor otherlike limitations access to drug, cost treatment Which tall, effect side Which felt, And support social Also can influence obedience patient in follow treatment Which recommended (Darmayanti, 2022) .

Health behavior involves various efforts made by individuals to maintain or improve their health, both preventively to prevent disease and responsive to overcome disease conditions, according to (Notoatmodjo, 2018) . Healthy behavior refers to actions or habits that support a person's physical, mental, and emotional health. This can include habits such as maintaining a good diet, exercising regularly,

getting enough rest, learning how to handle stress, not smoking and excessive alcohol use, and having regular physical examinations (Komalasari, Salahuddin, & Harun, 2020).

The way social, environmental, and individual variables interact determines behavior. Individual factors include personal characteristics like knowledge, attitude, and trust. According to Lawrence Green's hypothesis explains that there are three factors: predisposition, influence, and act in demand. Knowledge and individual attitude become key prevention for effective hypertension. That mindset is obedient. Attitude, which is most important in social life, according to Anggreani (2019), is character development both within and across groups as well as reaction which is conditioned to stimulation social. With thereby, knowledge and attitudes of somebody will be influential big to how they behave in matter guard his health (Notoatmodjo, 2018).

Based on studies literature which researcher get it from (Ike Pramadaningati, Wiwit Dwi Nurbadriyah, 2019), in date 14 September 2020, at Public health center Dampit Regency. Poor found lower numbers incident hypertension with a total of 6,908 dominated by type sexman, and 6,893 dominated by gender Woman. And almost all of them are dominated by adults young (20-40 year) (Ike Pramadaningati, Wiwit Dwi Nurbadriyah, 2019). Preliminary studies conducted in Dampit village on January 7 2023 obtained on age 22-35 year. Got it results most style their lives are unhealthy because like consume food fast eating, staying up late, lack of activity, like smoke, and consuming alcohol. Matter this in put it forward by 15 people aged 20-40 years. From 15 person the 10 among them not yet own work or unemployment and 5 among them worker which every the day with pattern life like unemployment, which every the day stay up late, lack of rest, smoke, consume food fast serve, consume alcohol, and irregular eating.

Based on what has already happened researcher explain in on with title relationship of *self-efficacy* with Hypertension health behavior in young adults aged 20-40 years in the work area Dampit Community Health Center then researchers want to research further because still very low *self-efficacy* on obedience drink drug and behavior health somebody hypertension.

Method

This research uses a quantitative methodology with a descriptive analytical design, measuring the dependent variable (health behavior) at a certain time and the independent variable (self-efficacy). The cross-sectional approach allows researchers to collect data from various respondents at one time, which is then analyzed to see the relationship between independent and dependent variables. The use of a questionnaire as a data collection tool also shows that this research utilizes survey methods to obtain information from participants. Therefore, the aim of this

study was to simultaneously identify and assess the relationship between the degree of self-efficacy and health behavior. In this study, the population used was young adults with hypertension, with an age range of 20 to 40 years, who were in the working area of the Dampit Community Health Center. This population consisted of 60 people who met the age criteria and medical conditions relevant to the research topic. They will be sample subjects for your research.

The sample in this study consisted of young adults aged 20-40 years using the Spearman Rho test who had been diagnosed with hypertension and were in the working area of the Dampit Community Health Center. They were selected from the population who had signed informed consent to participate in the study. The sample size determined for this study was 60 people, which is representative of the identified population and meets the inclusion criteria. By using such a large sample, you can perform sufficient statistical analysis to answer your research questions. The following questionnaires were used as research instruments: Health Behavior Questionnaire and Medication Adherence self- efficacy Scale Revised (MASES-R).

Results

Table 5. 1 Respondent Characteristics

<u>Respondent criteria</u>	<u>Frequency</u>	<u>Percentage (%)</u>
Type sex		
Man	38	63.3
Woman	22	36.7
Age		
20-30	38	60.0
30-40	24	40.0
Work		
IRT	10	16.7
Student /	3	5.0
Student	7	11.7
Farmer / Fisherman	31	51.7
Employee Private	9	15.0
Not yet Work		
Final Education		
elementary school	9	15.0
JUNIOR HIGH SCHOOL	15	25.0
SENIOR HIGH SCHOOL / vocational school	36	60.0
Marital status		
Marry	29	48.3
Not married yet	26	43.3
Divorced	5	8.3

History of Hypertension		
Yes	55	91.7
Yes No	5	8.3
	<u>Total</u>	<u>100.0</u>

There were 38 (63.3 %) male respondents, based on gender. The findings of the education level analysis show that 36 (60.0 %) of the respondents had completed high school/vocational school courses. Based on the respondents' occupation, 31 (51.7 %) respondents were private employees and constituted the majority of the sample. Of the respondents, 29 (48.3 %) reported being married, and 55 (91.7%) reported having a history of hypertension.

results from *self-efficacy research* in young adults in the Dampit Community Health Center work area are as follows:

Table 5. 2 Distribution Category *Self-Efficacy*

<i>Self- efficacy</i>	Frequency	Percentage (%)
Tall	1	1.7
Currently	23	38.3
Low	36	60.0
Total		100.0

Based on table 5.2 the results are listed in the table can be known that almost whole respondents Which follow study This own *self-efficacy* Which low on respondentsin the region Work Public health center Dampit.

Table 5. 3 Distribution BehaviorHealth

Health behavior	Frequency	Percentage (%)
Good	0	0.0
Currently	14	23.3
Bad	46	76.7
Total		100.0

Based on table 5.3 the results are listed in the table can be known that almost whole respondents Which follow study This own behavior health Which bad on respondents in the region Work Dampit Community Health Center.

Table 5. 4 Tabulation Cross *self-efficacy* with behavior health



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Table 5.4 tabulation cross *self-efficacy* with behavior health hypertension on age mature young (20-40 year) in the region community health center work Dampit

No	<i>Self- efficacy</i>	Health Behavior			Total	%
		Good	Currently	Bad		
		F %	F %	F %		
1.	Tall	0 0.0	0 0.0	1 1.7	1	1.7
2.	Currently	0 0.0	5 8.3	18 30.0	23	38.3
3.	Low	0 0.0	9 15.0	27 45.0	36	60.0
	Total	0 0.0	14 23.3	46 76.7	60	100.0

Table 5.4 shows that among young adults in the Puskesmas work area there is a relationship between *self-efficacy* and hypertension health behavior. Sad. Of the sixty respondents, the majority showed *self-efficacy behavior* , with 27 respondents (45.0 %) showing somewhat confident health behavior.

No	Self-efficacy	Behavior				Health		Total	%
		Good		Currently		Bad			
		F	%	F	%	F	%		
1.	Height	0	0.0	0	0.0	1	1.7	1	1.7
2.	Medium	0	0.0	5	8.3	18	30.0	23	38.3
3.	Low	0	0.0	9	15.0	27	45.0	36	60.0
	Total	0	0.0	14	23.3	46	76.7	60	100.0

Based on table 5.5 resultstabulation cross can is known that from 60 (0.678%) respondents Which have high *self-efficacy as many as hypertension* 0(0.0%). Whereas *self -efficacy* Which currently as much 5(8 .3 %) respondents with level *self-efficacy* Which low as much 14(23.3%) respondents Which own disease hypertension in the region Work Public health center Dampit.

No	Parameter	Mar k	Interpretat ion
1.	Strength correlation (r)	0.00 – 0.119 0.20 – 0.399 0.40 – 0.599 0.60 – 0.799 0.80 - 1000	Very weak Weak Currently Strong Very strong

2.	p value	P < 0.05	The two variables studied have a fairly large relationship with each other.
		P > 0.05	The two factors studied were not significantly correlated with each other. In the same general direction, there was an increase
3.	Direction correlation	+ (positive)	In the same direction, the greater the value of one variable, the more big also mark other variables.
		- (negative)	In the opposite direction, the bigger it gets mark One variable, the more small values of other variables.

Based on results Which obtained on table 5.6, can is known that analysis test *Spearman Rho* that is obtained mark $\rho = (-,055) > (0.05)$ so that the H_a hypothesis decision is accepted that is There is connection between *self-efficacy* with behavior health hypertension on age mature young in the region Work Dampit Community Health Center. Then for $r=0.678$ can state that exists.

Connection between variable	P	r	N
The relationship between <i>self-efficacy</i> and health behavior	-,055	0.678	60

Relationships have a positive relationship And the strength of the correlation strong between between *self-efficacy* with behavior health hypertension on age mature young. Matter This interpreted that *self-efficacy* can influence happen behavior health on age mature young (20-40 year) Which suffer hypertension in the region Work Public health center Dampit.

Discussion

Self-Efficacy On Hypertension On Age Mature Young

Research on respondents suffering from hypertension in the Dampit Community Health Center working area shows that the majority of respondents aged sixty years and over have confidence Which tall as much 1(1.7 %) respondents, moderate as much 23(38.3%) respondents and low as much 36(60.0%). *Self-efficacy* is confidence to yourself Alone that somebody able to understand how other people think, feel, Act And behave. *Self-efficacy* is indicator Which significant that somebody own capacity to carry out that task determined. It has been proven that the concept self

-*efficacy* influences perspective somebody to its capacity For reach objective. *Self-efficacy* Which low will also produce behavior maintenance self Which tall. Individual with price self low own important capabilities to improve situation dangerous moment This (Rezky, 2019).

The research mentioned by (Mufidah, 2020) highlights the importance of genetic factors in the risk of developing hypertension. Genetic factors can indeed play an important role in determining a person's susceptibility to certain medical conditions, including hypertension. The data you mention about hereditary risk based on a family history of hypertension provides a deeper understanding of how genetic factors can influence a person's risk of developing hypertension.

Your analysis links the research with findings revealed in the study mentioned by (Mufidah, 2020), which highlights that a family history of hypertension can increase a person's risk of developing hypertension. These findings suggest that the offspring of individuals who suffer from hypertension have a higher risk of developing the condition, especially if both parents also suffer from hypertension. In the context of your research, where there were 60 respondents who suffered from hypertension, the lack of cases of complications may be due to the average age of the respondents who are still considered adults. Complications of hypertension, such as heart disease, stroke, or kidney failure, usually occur more often in older people. However, it should be noted that apart from family history, other factors such as lifestyle, diet and genetics can also influence the risk and development of hypertension complications.

Based on results Which obtained that from 60 respondents have *low self-efficacy* of 36 (60.0 %) respondents was caused by thought patterns respondents Which resigned on the pain. Based on results spread questionnaire, part data supporter show that part big respondents have the assumption that they have a pattern of thinking Which negative And not enough believe self to ability they inface problem (Susi Susanti, 2022).

Based on research findings, it can be said that there is a relationship between *self-efficacy* Which low with behavior health related solution problem hypertension. Respondent Which own *self-efficacy* low tend to have a fear of failure and lack self-confidence in carrying out the necessary actions to treat hypertension. Matter this is reflected in their answers in the *self-efficacy questionnaire*, where they consider themselves incapable of performing some actions related hypertension treatment. Furthermore, researcher Also assume that Wrong One factor Which cause *self-efficacy* low is sources of *self-efficacy* can form experience personal, observation to others, or persuasion (Susi Susanti, 2022).

Regarding the theory of *self-efficacy* by Albert Bandura, it is very precise. *Self-efficacy*, as described by Bandura, is an individual's belief in his ability to succeed in carrying out certain actions. In the health context, *self-efficacy* can influence individual

behavior related to chronic disease management and general health maintenance. Studies like the one you mentioned, such as those conducted by (Susi Susanti, 2022) .

Based on table 5.1, the number of results obtained from 60 types of respondents female gender 22 (36.7 %) respondents and male gender 38 (63.3%) respondents. The study concluded that women who have dual roles, as a housewife and a career woman, tend to have *self-efficacy* Which tall. *Self-efficacy* is confidence individual in its ability to overcome the tasks and challenges faced. This matter meaning that the women in the study felt capable of managing role Which they live it well (Pramadhan, Untoro, & Dharma, 2022) .

Based on table 5.1, results were obtained from a total of 60 respondents in the region Dampit Community Health Center work. In this research, it appears that the majority respondents aged between 20-30 year (60 .0 %) And 30-40 year (40.0%). Researchers assume that older individuals have experience and the ability to face obstacles in their lives, as well as having knowledge Which more Good in facing illness hypertension Apart from that, researchers also mentioned that the degree of task complexity faced by individuals also influences their assessment of ability self Alone. Study previously which is conducted by or in line with research (Pramadhan et al., 2022) .

Based on table 5.1, the results show a total of 60 educated respondents end SENIOR HIGH SCHOOL as much 36 (60.0%), JUNIOR HIGH SCHOOL as much 15 (25.0%), And elementary school as many as 9 (15.0%). According to (Katuuk and Kallo, 2019) research can assume that individuals with a higher level of education have high *self-efficacy* and good care behavior because of them own access to knowledge And information Which more wide through education formal Apart That, individual with education tall Also tend to have skills in problem solving and taking decision Which more good ones can influence behavior maintenance they.

Based on table 5.2, get the total results 60 respondents in the region Dampit Community Health Center work. There were 23 people (38.3 %) moderate and 36 people (60.0%) is low. Researchers assume that respondents have a lifestyle which is bad where it is proven that the respondent is low in *self-efficacy* (Sari, 2019) opinion that hypertension Which accompanied with disease comorbidity is the number one death in the world, in severe cases of hypertension katogeri Severe can be life-threatening patient.

Opinion researcher related findings results many on age mature young 20-40 year Which own disease hypertension Which where they not enough own *self-efficacy* Which Good in treatment or drink drug in a way routine on everyday .

Facts discovered by researchers from data taken by samples as much 60 respondents obtained results that 36(60.0%) respondents have low *self-efficacy* which is influenced by several things, one of which is knowledge about a person's

skills cause self-efficacy Which very tall If somebody (respondent) No Certain or obtain information Which negative about himself especially on problem health as for factor other which influence the occurrence of *self-efficacy* , namely a culture where this culture itself can occur because of beliefs and a functional self-regulation process literature or source of assessment from result of belief.

Hypertension sufferers who have suffered for a long time often have blood pressure that is difficult to control and tends to be high. This can be caused by various factors, such as non-compliance with treatment, unhealthy lifestyle, and genetic factors . Non-adherence to treatment is often a major problem in the management of hypertension. This can be caused by various reasons, including side effects of medication, difficulty in arranging a medication schedule, or a lack of understanding of the importance of regular medication. Additionally, an unhealthy lifestyle that includes an unbalanced diet, not exercising, and drinking too much alcohol can make it difficult to regulate blood pressure.

Behavior Hypertension Health On Age Mature Young

The majority of respondents demonstrated poor health behaviors related to blood pressure management, the study found. Of the total 60 respondents, none fell into the behavioral category good, 14 people (23.3 %) fell into the moderate behavior category, and 46 people (76.7%) fall into the bad behavior category. This undesirable behavior is demonstrated by not regularly taking medication according to the doctor's prescription and not controlling blood pressure every day, even though there are no symptoms.

It can be seen that your research has similarities with research conducted by (Simanjuntak, Adi, Hestningsih, & Saraswati, 2021) , in terms of evaluating behavior related to blood pressure and overall health. In your research, 23.3% of respondents had moderate behavior, while 76.7% had bad behavior that could potentially affect their blood pressure.

According to Green's health behavior theory, the health behavior of a person or a community is influenced by various factors, such as knowledge, attitudes, beliefs, customs, and so on. These factors have a big influence on how a community or society implements healthy behavior.

According to Becker, there are three categories that encompass health behavior: health information, attitudes toward health behavior, and health practices or activities. Understanding the variables that influence a person's health and how to maintain their health is called health knowledge. Responding attitude Health measures reflect an individual's attitude toward health they own attitude positive or negative to action health. Health practices or actions include concrete actions taken individual For guard health, like follow pattern Eat Healthy, exercise, and maintain personal hygiene. Understand and measure behaviorhealth in these three domains

can help in assessing how big level behavior Healthy every individual And give base For development health intervention Which effective.

Health And education each other relate to and have an impact on quality source Power man (HR). Health Which Good become condition main in reach success in education. A healthy individual own energy And Power stand Which Enough For Study And participate active in process education. In side other ,education also has an important role in increase status health individual. Education give knowledge And understanding about importance guard health, adopt style life Healthy, And avoid behavior risky. Education Also can increase awareness individual about importance access to service health quality (Aula & Nurhayati, 2020)

And in this research there are also suffering with bad behavior. Matter the can caused by difference socialization And role gender in public. Woman often time more concerned about health they Alone And more tend For follow recommendation medical. Besides that is, the knowledge and attitudes possessed by somebody Also influence behavior they related with treatment And style healthy life (Komalasari et al., 2020) .

One good behavior for hypertension sufferers is to reduce unhealthy foods, especially those high in fat, cholesterol and salt. Somebody with hypertension must take time to exercise or do activities physique, especially If their daily work is not so much emphasizes activity physique. Person with hypertension must form habit Sleep Which Enough And management stress Which effective For prevent effect negative on health physique And mentally they. Sufferer hypertension can guard And increase his health with do behavior life Healthy like consuming foods that decrease pressure blood, routine check it out pressure blood, change behavior, And monitor blood pressure (Wahyuningsih & Arsi, 2021) .

A number of matter done as response to person Which Sick. Many other factors , such as behavior patterns past, local laws, and people people closest to you who can influence you behavior Good And bad, has proven influence health behavior. Besides That, information from outside from person old, midwife, And Internet influence behavior health somebody, Which sometimes make somebody Confused about behavior where Which must adopted. Health behavior is also influenced by availability maintenance doctor and presence person other Which peer (Wahyuningsih & Arsi, 2021) .

Opinion researcher that based on findings from this research, behavior health on person Which own disease predisposed to hypertension Good If influenced by a number of matter, Wrong the only one that is influenced factor support family Which Lots. The more Lots member family Which stays same house so will the more Good behavior health the, matter This because the more Lots member family Which live at home with young adults Which suffer hypertension so will as much attention as it gets by person mature

young the. If Wrong One member family own busy then there is still either or some other family members will give attention and affection. However on the contrary If person mature young Which stay same house with If there are few family members then it will be the less attention and affection what he gets, in this case people Young adults are more likely to experience feeling lonely And can risky experience depression And sadness Which drag on. Hence the need for roles important member family For help improve quality life on person mature young the so that better in carrying out the behavior health in everyday (Wahyuni & Asri, 2021)

Based on findings study Which done researcher to participant of which 60 respondents were found fact that as much 37 (61.7%) respondents own behavior health Which bad matter This disebabkan because a number of factor that is factor existing culture, habits, values and traditions in society matter This annoying lack of exposure to information or incorrect a form of lack of self-appreciation themselves on health behavior, matter This prove that importance knowledge about problem health, as well as the importance of exposure to information clear and directed in order to improve knowledge especially on problem behavior health.

Connection Between Self- Efficacy With Hypertension Health Behavior On Age Mature Young In the region Work Public health center Dampit

Based on results analysis *bivariate use test Sepearman Rank* , , shows that the p value = (-.055) > (0.05) Which means variable independent (*self-efficacy*) with the dependent variable (health behavior) has a relationship, This means stating that there is a relationship negative relationship between *self-efficacy* and behavior health hypertension on age mature young people in the Dampit Community Health Center working area, whereas obtained results *correlation coefficient* (correlation coefficient) $r = 0.678$, there is Lots study Which show correlation Which strong between *self-efficacy* with health behavior Where *self-efficacy* with behavior health Which bad can cause level *self-efficacy* with behavior health Which bad. Direction connection based on the *correlation coefficient value* negative, so can said the more bad *self-efficacy* with behavior health, will the more tall level hypertension on age mature young. Based on the results obtained, H1 accepted that there is a *self-efficacy relationship* with behavior health hypertension on age mature young in the region community health center work Dampit.

In this case, research shows that young adults have *self- low efficacy towards assessment* changes in their blood pressure. Besides That, factors such as gender, education, and experience are also available influence level *self- efficacy* somebody. With thereby, important for individuals to increase *self-efficacy* they related with health And hypertension. Matter This can done through education And understanding Which more Good about disease hypertension, maintenance Which appropriate, And importance guard health in a way whole. Besides That, support social And Positive experiences can also help increase *self-efficacy* somebody in maintaining their health

(Susi Susanti, 2022) .

In matter This, researcher can do step- step For increase *self-efficacy* respondents the only one is with give education Which more deep about benefit sport And importance apply style life Healthy. Researcher Also can facilitate discussion or training For motivating respondents And help they overcome obstacles they may face in apply behavior health the good one. Apart from that, researchers can also consider For involve family or friends near respondents in planning And implementation program sport. With support social Which strong, respondents Possible will feel more motivated And believe yourself in doing it style healthy living (Susi Susanti, 2022) .

Based on results tabulation cross can be known that mature young Which have hypertension at a good level tall category Good 0.0%, currently as much 0(0.0%) respondent, bad as much 1(1.7%) respondent, with category currently with category Good 0(0.0%) respondent, currently 5(8.3%), bad as much as 18(30.0%) and category low Which Good as much 0(0.0%) respondents Which choose currently as much as possible 9(15.0%) respondents And Which choose bad as much 27(45.0%) respondents

In accordance with results tabulation cross show that part big person hypertension in the region Work Public health center Dampit experience confidence For tall with category bad that is 1(1.7 %) respondent, whereas Which currently with category bad that is 18(30.0%) respondents And Which low with category bad that is 27(45.0%) respondents. Where in research there is a number of factor Which can influence *self-efficacy* somebody. Past experience is one an important factor, because individuals who have been successful in similar situations will tend own level *self- high efficacy* . Apart from that, perception social support and positive feedback from other people can also improve *self- a person's efficacy* (Susi Susanti, 2022) .

Besides That, obesity Also can causes disorders of the nervous system sympathetic, Which role in arrange pressure blood. Disturbance This can result enhancement activity nerve sympathetic on Finally increase pressure blood. Besides impact on enhancement pressure blood, obesity Also can cause complications other like levels lipids blood Which No Healthy, insulin resistance, and chronic inflammation. All of these things can be exacerbating factors risk of heart disease and stroke (Tiara, 2020) .

In explanation on If somebody have low confidence inability, He Possible will tend feel No capable or No confident in achieving your goals. This can make it reluctant or No try as much Which should. By Because That, very important for somebody For hold on firm on his to his abilities And continuously strengthen confidence the through experience positive, good self-management, and support from environment surroundings.

According to opinion researcher *self-efficacy* Which experienced by young adults can influence quality life. The more bad level *self-efficacy* on obedience drink drug somebody the more low also the level of health behavior at age young adults in the work area of

the Puskesmas Dampit. Meanwhile, based on the findings in young adulthood which has hypertension with behavior health bad.

Conclusion

From results analysis data on study Which title "Connection Between *Self-Efficacy* With Behavior Health On Age Mature Young In the region Public health center Dampit," obtained conclusion as following:

1. Part big Which own *self- efficacy* low as much 1 person (1.7 %), 18 people were moderate (30.0 %) and Which low as much 27 person (45.0%).
2. Part big behavior health Which most Lots among them on person mature young that is low with category bad as much 27 person (45.0 %).
3. There is a relationship between *self-efficacy* with behavior health on age young adults who have the disease hypertension in the work area of the Community Health Center Dampit.

Suggestion

Several suggestions can be made in light of the findings of this study, including:

1. For Region Work Public health center Dampit

Where is understanding? with exists study This from party related to health problems young adults (20-40 years) with hypertension can make the person understands how so that Can control health with behavior health Which better.

2. For Age Respondents Mature Young 20-40 Year

Necessity awareness Good from person young adults themselves or from family so that person hypertension recommended own mechanism method *self-efficacy* with behavior health Which more Good Again so that Can motivate himself to be better and able enthusiasm to recover and get on with it his life, and people Which suffer hypertension For routine do blood pressure checks at the facility nearest health and drinking regularly drug hypertension Which given by health workers.

3. For Researcher Furthermore

For researcher furthermore know factor other from *self- efficacy* with behavior health. Meanwhile for insider motivation undergo behavior health more Good Again researcher furthermore Also must know factor other besides *self-efficacy* with behavior health. Besides That researcher furthermore can conducting research in the village have almost the same problem with case This.

Ethics approval and consent to participate

In The researcher submitted an ethical request at the Ngudia Husada Madura College of Health Sciences (STIKES) KEPK. Researchers ensure that this application meets 7 ethical standards according to CIOMS - WHO guidelines, which is an



internationally recognized framework for clinical and medical research. After going through an evaluation process, the research was declared ethically appropriate with reference number 1862/KEPK/STIKES-NHM/EC/VII/2023 on July 21 2023.

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