

ABSTRAK

PENGARUH EDUKASI MELALUI VIDEO *BASED EDUCATION* TERHADAP PENINGKATAN EFIKASI DIRI DAN KEINGINAN BERHENTI MEROKOK PADA MAHASISWA PRODI S1 KEPERAWATAN UNIVERISTAS STRADA INDONESIA

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Kurangnya efikasi diri dan keinginan berhenti merokok menjadi masalah yang sering dijumpai pada mahasiswa dan berdampak negatif seperti impotensi, penyakit jantung, penyakit paru-paru, pernapasan bahkan habisnya uang saku dan uang makan akibat merokok. Tujuan penelitian ini adalah mengetahui pengaruh edukasi melalui video *based education* terhadap peningkatan efikasi diri dan keinginan berhenti merokok pada mahasiswa Prodi S1 Keperawatan Universitas STRADA Indonesia Kediri. Desain penelitian ini adalah *one group pre-post test design* dengan pendekatan *pra eksperimental*. Responden diambil dengan teknik *Consecutive Sampling*. Populasi sebanyak 46 orang dengan sampel sebanyak 30 orang. Variabel independen adalah edukasi melalui video *based education* dan variabel dependen adalah peningkatan efikasi diri dan keinginan berhenti merokok. Hasil uji statistik menggunakan *paired sample t-test*. Hasil penelitian menunjukkan bahwa sebanyak 16 (53.3%) memiliki efikasi diri kurang sebelum pemberian edukasi melalui video *based education* dan sebanyak 22 (73.3%) memiliki efikasi diri baik setelah perlakuan. Keinginan berhenti merokok sebanyak 18 (60.0%) dalam kategori kurang sebelum pemberian edukasi melalui video *based education* dan setelah perlakuan sebanyak 24 (80.0%) dalam kategori baik. Hasil analisa data menunjukkan bahwa ada pengaruh edukasi melalui video *based education* terhadap peningkatan efikasi diri pada mahasiswa diperoleh nilai *p value* sebesar $0,000 < \alpha = 0,05$. Ada pengaruh edukasi melalui video *based education* terhadap keinginan berhenti merokok pada mahasiswa, diperoleh nilai *p value* sebesar $0,000 < \alpha = 0,05$. Berdasarkan hasil penelitian maka diketahui bahwa berhenti merokok bukanlah hal yang mudah bagi mahasiswa dan membutuhkan proses panjang akan tetapi dengan adanya pemberian edukasi melalui video *based education* dimana mahasiswa memiliki keinginan untuk berhenti merokok agar terhindar dari dampak negatif bagi tubuh dan orang-orang terdekat.

**Kata Kunci : Edukasi, Efikasi Diri, Keinginan, Mahasiswa, Merokok, Video
*Based Education***

ABSTRACT

POTENTIAL OF EDUCATION THROUGH VIDEO BASED EDUCATION TOWARDS IMPROVING SELF-EFFICACY AND THE DESIRE TO STOP SMOKING IN STUDENTS OF THE BACHELOR OF NURSING STUDY PROGRAM STRADA UNIVERSITY OF INDONESIA

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Lack of self-efficacy and desire to quit smoking are common problems in college students and have negative impacts such as impotence, heart disease, lung disease, breathing problems, and even running out of pocket money and food money due to smoking. The purpose of this study was to determine the effect of education through video-based education on increasing self-efficacy and desire to quit smoking in undergraduate students of Nursing Study Program, STRADA Indonesia University, Kediri. The design of this study was one group pre-post test design with a pre-experimental approach. Respondents were taken using the Consecutive Sampling technique. The population was 46 people with a sample of 30 people. The independent variable is education through video-based education and the dependent variable is increasing self-efficacy and desire to quit smoking. The results of the statistical test used a paired sample t-test. The results showed that 16 (53.3%) had low self-efficacy before being given education through video-based education and 22 (73.3%) had good self-efficacy after treatment. The desire to quit smoking was 18 (60.0%) in the less category before education through video-based education and after treatment as many as 24 (80.0%) in the good category. The results of data analysis showed that there was an effect of education through video-based education on increasing self-efficacy in students, obtained a p value of $0.000 < \alpha = 0.05$. There was an effect of education through video-based education on the desire to quit smoking in students, obtained a p value of $0.000 < \alpha = 0.05$. Based on the results of the study, it is known that quitting smoking is not easy for students and requires a long process, but with the provision of education through video-based education where students have the desire to quit smoking in order to avoid negative impacts on the body and those closest to them.

Keywords : Education, Self-Efficacy, Desire, Students, Smoking, Video Based Education