

## ABSTRAK

### PERSEPSI KELUARGA KONTAK SERUMAH TENTANG PENULARAN TUBERKULOSIS PARU DENGAN PENDEKATAN *HEALTH BELIEF MODEL*: STUDI KUALITATIF DI WILAYAH KERJA PUSKESMAS KEDATON

OLEH

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Tuberkulosis (TB) Paru masih menjadi masalah kesehatan masyarakat dengan tingginya risiko penularan pada keluarga kontak serumah. Meskipun edukasi telah diberikan, perilaku pencegahan belum diterapkan secara konsisten. Penelitian ini bertujuan menganalisis persepsi keluarga kontak serumah tentang penularan TB Paru menggunakan pendekatan *Health Belief Model* (HBM). Penelitian menggunakan metode kualitatif desain studi kasus di wilayah kerja UPT Puskesmas Kedaton Bandar Lampung. Informan terdiri dari 15 keluarga kontak serumah, 1 kader kesehatan, dan 1 petugas kesehatan yang dipilih secara *purposive sampling*. Data dikumpulkan melalui wawancara mendalam, observasi, dan dokumentasi, kemudian dianalisis secara tematik berdasarkan konstruk HBM. Hasil penelitian menunjukkan bahwa sebagian besar informan memiliki persepsi kerentanan dan keseriusan yang masih rendah meskipun mengetahui TB Paru dapat menular melalui droplet dan kontak erat. Informan memahami manfaat penggunaan masker, menjaga ventilasi rumah, dan pola hidup sehat, namun penerapannya belum konsisten. Hambatan utama meliputi kebiasaan merokok, lupa menggunakan masker, stigma sosial, rendahnya kesadaran keluarga, serta kondisi sosial ekonomi. Kesimpulan Edukasi dari tenaga kesehatan menjadi pemicu utama tindakan pencegahan, tetapi *self-efficacy* sebagian informan masih rendah. Selain itu, masih ditemukan anggapan bahwa TB merupakan penyakit keturunan atau akibat guna-guna. Penelitian ini menegaskan pentingnya edukasi kesehatan yang komunikatif, berkelanjutan, dan berbasis budaya untuk meningkatkan perilaku pencegahan TB Paru pada keluarga kontak serumah.

Kata Kunci: tuberkulosis paru, *health belief model*, keluarga kontak serumah, persepsi kesehatan, perilaku pencegahan, studi kualitatif.

## **ABSTRACT**

### **PERCEPTION OF FAMILY CONTACTS IN THE SAME HOUSEHOLD REGARDING PULMONARY TUBERCULOSIS TRANSMISSION USING THE HEALTH BELIEF MODEL APPROACH: A QUALITATIVE STUDY IN THE WORKING AREA OF THE KEDATON PUBLIC HEALTH CENTER**

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Pulmonary tuberculosis (TB) remains a public health problem, with a high risk of transmission among household contacts. Although education has been provided, preventive behaviors have not been consistently implemented. This study aims to analyze the perceptions of household contacts regarding pulmonary TB transmission using the Health Belief Model (HBM) approach. The study employed a qualitative case study design in the working area of the Kedaton Community Health Center in Bandar Lampung. Informants included 15 household contacts, one health cadre, and one health worker selected using purposive sampling. Data were collected through in-depth interviews, observation, and documentation, then analyzed thematically based on the HBM construct. The results showed that most informants had low perceptions of susceptibility and seriousness, despite knowing that pulmonary TB can be transmitted through droplets and close contact. Informants understood the benefits of wearing masks, maintaining home ventilation, and adopting a healthy lifestyle, but their implementation was inconsistent. Key barriers included smoking, forgetting to wear masks, social stigma, low family awareness, and socioeconomic conditions. In conclusion, education from health workers is a primary driver of preventive action, but self-efficacy among some informants remains low. Furthermore, the perception that TB is a hereditary disease or the result of witchcraft persists. This study emphasizes the importance of communicative, sustainable, and culturally based health education to improve TB prevention behavior among household contacts.

**Keywords:** pulmonary tuberculosis, health belief model, household contacts, health perception, prevention behavior, qualitative study.