

EMPOWERING INDEPENDENCE: HEALTH BELIEF MODEL AS A FRAMEWORK FOR COMMUNITY NURSING INTERVENTIONS IN THE ELDERLY

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Article Info	ABSTRAK
<p>Article History: Received 19/09/2025. Revised - Accepted 30/09/2025.</p> <hr/> <p>Keywords: Elderly Health Belief Model Independence Community nursing</p>	<p>Latar Belakang: Jumlah lansia di Indonesia mencapai lebih dari 10% dari total populasi. Hal ini menuntut strategi inovatif untuk mempertahankan kemandirian. Strategi yang dapat dilakukan adalah intervensi berbasis Health Belief Model (HBM) pada lansia, namun hal ini masih belum tersintesis secara komprehensif.</p> <p>Tujuan penelitian ini untuk meninjau secara sistematis efektivitas intervensi berbasis HBM terhadap kemandirian lansia dalam konteks keperawatan komunitas.</p> <p>Metode: Penelitian ini merupakan systematic review dan meta-analisis dengan pedoman PRISMA. Pencarian dilakukan pada lima database internasional dan nasional (2019–2024). Studi kuantitatif yang melibatkan lansia ≥ 60 tahun dengan outcome kemandirian dianalisis menggunakan model random-effects dengan ukuran efek Standardized Mean Difference (SMD).</p> <p>Hasil: Dari 1.360 publikasi, enam studi memenuhi kriteria. Intervensi HBM konsisten meningkatkan kemandirian dengan SMD 0,40–0,85. Peningkatan signifikan tercatat pada aktivitas sehari-hari (ADL), aktivitas instrumental (IADL), dan perilaku perawatan diri.</p> <p>Kesimpulan: HBM terbukti efektif memperkuat kemandirian lansia sekaligus menegaskan peran perawat komunitas sebagai agen perubahan perilaku sehat. Temuan ini memberikan dasar ilmiah dan praktis bagi pengembangan program edukatif dan promotif berkelanjutan dalam menghadapi masyarakat menua.</p> <p>ABSTRACT</p> <p>Background: The proportion of elderly people in Indonesia has reached more than 10% of the total population. This situation requires innovative strategies to maintain independence. One possible strategy is the implementation of Health Belief Model (HBM)-based interventions for the elderly; however, this approach has not yet been synthesized comprehensively.</p> <p>Objective: This study aims to systematically review the effectiveness of HBM-based interventions on elderly independence in the context of community nursing.</p> <p>Methods: A systematic review and meta-analysis were conducted in line with PRISMA guidelines. Literature searches across five international and national databases (2019–2024) identified quantitative studies involving elderly aged ≥ 60 years. Data were analyzed using a random-effects model with Standardized Mean Difference (SMD).</p> <p>Results: Of 1,360 publications, six studies met the criteria. HBM-based interventions consistently improved independence with</p>

SMD ranging from 0.40 to 0.85. Significant improvements were found in activities of daily living (ADL), instrumental activities of daily living (IADL), and self-care behaviors.

Conclusion: *HBM-based interventions proved effective in empowering elderly independence while reinforcing the role of community nurses as key agents of behavioral change. These findings provide both scientific and practical foundations for sustainable educational and promotive programs in an ageing societ)*

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