

**KUALITAS PERSEPSI PENDAKI TERHADAP ANCAMAN
DAN KESIAPSIAGAAN MENGHADAPI CUACA EKSTREM
BERDASARKAN *PROTECTION MOTIVATION THEORY***



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KESIAPSIAGAAN MENGHADAPI CUACA EKSTREM BERDASARKAN
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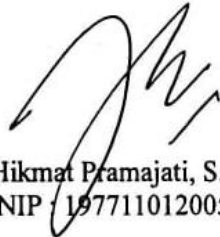
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ABSTRAK

KUALITAS PERSEPSI PENDAKI TERHADAP ANCAMAN DAN KESIAPSIAGAAN MENGHADAPI CUACA EKSTREM BERDASARKAN *PROTECTION MOTIVATION THEORY*

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Program Studi Sarjana Keperawatan

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Latar Belakang: Cuaca ekstrem merupakan salah satu faktor risiko utama dalam aktivitas pendakian gunung yang dapat mengancam keselamatan pendaki, terutama di wilayah rawan seperti Gunung Tampomas, Jawa Barat. Meski demikian, penelitian terkait persepsi pendaki khususnya dalam menghadapi situasi cuaca ekstrem di Indonesia, masih sangat terbatas. **Tujuan:** Penelitian ini bertujuan untuk menggambarkan kualitas persepsi pendaki terhadap ancaman cuaca ekstrem dan kesiapsiagaan mereka dalam menghadapinya, berdasarkan kerangka *Protection Motivation Theory* (PMT). PMT menekankan dua proses kognitif utama: *threat appraisal* (*perceived vulnerability* dan *perceived severity*) serta *coping appraisal* (*response efficacy*, *self-efficacy*, dan *response costs*). **Metode:** Penelitian ini menggunakan pendekatan kuantitatif-deskriptif univariat dengan metode survei terhadap 214 pendaki Gunung Tampomas via Cibeureum dan via Narimbang pada Oktober 2025. **Hasil:** Sebagian besar responden memiliki kualitas persepsi (*threat appraisal & coping appraisal*) yang tinggi (77.1%). **Kesimpulan:** Tingkat kualitas persepsi pendaki Gunung Tampomas terhadap risiko bahaya akibat cuaca ekstrem (*threat appraisal*) dan kesiapsiagaan pendaki untuk menghadapinya (*coping appraisal*) berada pada kategori tinggi. **Implikasi:** Beberapa aspek dari *coping appraisal*, terutama *self-efficacy* dan *response cost*, masih perlu ditingkatkan agar semakin meningkatkan kualitas persepsi pendaki terhadap ancaman dan mempersiapkan diri menghadapi situasi cuaca ekstrem.

Kata kunci: Cuaca ekstrem, Pendaki, Pendakian gunung, Persepsi, *Protection Motivation Theory*

ABSTRACT

THE QUALITY OF CLIMBERS' PERCEPTIONS OF THREATS AND PREPAREDNESS IN FACING EXTREME WEATHER BASED ON PROTECTION MOTIVATION THEORY

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Objective: This study aims to describe the quality of climbers' perceptions of extreme weather threats and their preparedness in dealing with them, based on the framework of Protection Motivation Theory (PMT). PMT emphasizes two main cognitive processes: threat appraisal (perceived vulnerability and perceived severity) and coping appraisal (response efficacy, self-efficacy, and response costs). **Methods:** This study employed a quantitative-descriptive univariate approach using a survey method involving 214 climbers of Mount Tampomas via Cibeureum and via Narimbang in October 2025. **Results:** The majority of respondents demonstrated a high level of perception quality (threat appraisal & coping appraisal) (77.1%). **Conclusion:** The perception quality of Mount Tampomas climbers regarding the risk of hazards due to extreme weather (threat appraisal) and their preparedness to face it (coping appraisal) is categorized as high. **Implications:** Several aspects of coping appraisal, particularly self-efficacy and response cost, still need to be improved to further enhance climbers' perception quality of threats and their readiness to face extreme weather situations.

Keywords: Extreme weather, Hiking, Mountaineer, Perception, Protection Motivation Theory

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BMKG	: Badan Meteorologi, Klimatologi, dan Geofisika
BNPB	: Badan Nasional Penanggulangan Bencana
BBKSDA	: Balai Besar Konservasi Sumber Daya Alam
SAR	: Search and Rescue
PMT	: <i>Protection Motivation Theory</i>
UU	: Undang-Undang
P3K	: Pertolongan Pertama Pada Kecelakaan
GPS	: <i>Global Positioning System</i>
SPF	: <i>Sun Protection Factor</i>
SOP	: Standard Operational Procedure
JASP	: <i>Jeffreys's Amazing Statistic Program</i>
IDEP	: Indonesia Development of Education and Permaculture
HBM	: <i>Health Belief Model</i>
TWA	: Taman Wisata Alam
SMA	: Sekolah Menengah Atas

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