

Pengaruh edukasi preoperasi terstruktur (dengan teori kognitif sosial) terhadap self-efficacy dan perilaku latihan post operasi pada pasien fraktur dengan pembedahan di Surabaya = the effect of structured preoperative education (with social cognitive theory) On self-efficacy and post operative exercise behavior in fracture patients with surgery in Surabaya

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Abstrak

Intervensi keperawatan berupa edukasi preoperasi terstruktur berdasarkan teori kognitif sosial (SCT) diharapkan dapat meningkatkan self-efficacy dan perilaku latihan post operasi. Penerapan SCT meliputi penguatan pada empat tahap yaitu vicarious experiences (pemodelan dengan menggunakan video durasi 12 menit), mastery experience, verbal persuasion dan somatic and emotional states. Tujuan penelitian ini adalah untuk mengetahui pengaruh edukasi pre operasi terstruktur terhadap self-efficacy dan perilaku latihan post operasi.

Penelitian ini adalah penelitian kuantitatif dengan desain quasi eksperimen dengan rancangan pre-test and post-test with control group design dan post-test only with control group design. Jumlah sampel 44 orang terbagi atas 22 orang pada kelompok control dan 22 orang pada kelompok intervensi.

Hasil penelitian didapatkan adanya pengaruh yang bermakna edukasi preoperasi terstruktur terhadap self-efficacy ($p= 0.00; =0.05$) dan perilaku latihan post operasi ($p= 0.00; =0.05$). Berdasarkan penelitian ini edukasi preoperasi terstruktur dengan SCT dapat dilakukan sebagai intervensi keperawatan secara optimal dengan memperhatikan kemampuan pasien post operasi agar dapat melakukan manajemen keperawatan sebaik mungkin.

.....Nursing intervention in the form of structured education preoperatively based on social cognitive theory (SCT) is expected to increase self-efficacy and post operative exercise behavior. The application of SCT involved the strengthening of four stages, including vicarious experiences (modeling using 12-minute video), mastery experience, verbal persuasion, as well as somatic and emotional states. The purpose of this study was to identify the effects of structured preoperative education on self-efficacy and post operative exercise.

This study was a quantitative research with a quasi-experimental design done by using a pre-test and post-test with control group design and post-test only with control group design. The number of samples was 44 people was divided into 2 groups: 22 people in the control group and 22 people in the intervention group. The result showed a significant influence of structured preoperative education on both self-efficacy $p = 0.00$ and the post operative exercise behavior $p = 0.00$. Based on this study, the structured preoperative education should be provided by nurses optimally as a part of nursing interventions by focusing on the post-operative patients' abilities in order to perform the nursing management well.