

**Pengaruh intervensi edukasi kesehatan tentang manajemen diri latihan fisik terhadap self efficacy pasien coronary artery disease di RS Manado Sulawesi Utara = The influence of health education intervention on self-management in physical exercise on self efficacy of coronary artery disease patient's in Provincial Hospital Manado, North Sulawesi**

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Abstrak

Manajemen diri pasien coronary artery disease (CAD) adalah suatu cara pengelolaan diri seseorang untuk meningkatkan status kesehatan. Pemberian edukasi berbasis pembentukan self efficacy (SE) dapat meningkatkan keyakinan responden untuk melakukan manajemen diri yang baik. Penelitian ini bertujuan mengetahui pengaruh edukasi kesehatan terhadap self efficacy pasien CAD. Desain penelitian adalah quasi eksperimen, dengan teknik pengambilan sampel consecutive sampling. Besar sampel 50 responden (25 responden kelompok kontrol dan 25 kelompok intervensi). Hasil analisis statistik didapatkan bahwa terdapat perbedaan SE pada kelompok kontrol dan intervensi sebelum dan sesudah edukasi dengan  $p=0.000$ . Kesimpulan : skor rata-rata SE kelompok intervensi lebih tinggi dibandingkan dengan kontrol setelah pemberian edukasi.

.....Introducing self management on coronary artery disease (CAD) patient is one way to empower patient in order to improve their health status level. Educating patient using self efficacy approach can improve patient's confidence to perform good self management. The purpose of this study is to examine the influence of health education on Self Efficacy of Coronary Artery Disease Patient's. This study used quasi experiment design with consecutive sampling as their sampling method. Total sample was 50 respondents (25 respondents in control and another 25 respondents in intervention groups). The result showed that there was significant different in self efficacy on control and intervention groups, before and after health education intervention  $p=0.000$ . The conclusion of this study shows that mean score of self efficacy on intervention group is higher than control group after health education.