

# Pengaruh discharge planning terhadap self-efficacy pada pasien gagal jantung di RSUD Raden Mattaher dan RS. Haji Abdoel Madjid Batoe Jambi = The effect of discharge planning on self-efficacy in heart failure Patient in Raden Mattaher Hospital and Haji Abdoel Madjid Batoe Jambi

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## Abstrak

Intervensi keperawatan merupakan bagian dari proses discharge planning. Proses discharge planning yang meliputi edukasi, konseling dan koordinasi tim diharapkan dapat meningkatkan self efficacy pada pasien gagal jantung. Tujuan penelitian ini adalah untuk mengetahui pengaruh discharge planning terhadap self-efficacy pada pasien gagal jantung. Penelitian ini adalah penelitian kuantitatif dengan desain quasi eksperimen dengan rancangan pre-test and post-test nonequivalent with control group design. Besar sampel 21 responden (11 responden kelompok intervensi dan 10 responden kelompok kontrol).

Hasil penelitian menunjukkan perbedaan selisih self efficacy antara kelompok kontrol dan intervensi ( $p=0,02$ ) walaupun tidak terdapat perbedaan self efficacy antara kelompok kontrol dan intervensi secara statistik ( $p=0,515$ ). Hal ini bisa terjadi karena minimnya jumlah sampel sehingga mengakibatkan power penelitian yang setelah dihitung ulang adalah sebesar 55%. Namun demikian dapat disimpulkan secara klinis bahwa discharge planning mempengaruhi nilai self efficacy selisih antara kelompok kontrol dan intervensi. Rekomendasi hasil penelitian ini perlu adanya penelitian ulang dengan jumlah sampel yang lebih banyak.

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Nursing intervention is a part of discharge planning process. Discharge planning process that consist of education, conseling and tim coordination can be expected to improve self efficacy in heart failure patients. This study aims to examine the effect of discharge planning on self efficacy in heart failure patients. This study was a quantitative research with quasi experiment, using pre-test and post-test nonequivalent with control group design. The number of samples was 21 respondents (11 respondent in intervention group and 10 respondent in control group).

The result showed that there was significant mean difference in self efficacy on both groups after providing discharge planning intervention ( $p=0,02$ ) although there was no difference in self efficacy on both groups ( $p=0,515$ ). This could be caused by small sample size that make this research power 55%. However, there was conclusion that discharge planning influence self efficacy mean diferenceon both groups. This study recommends further research to examine the effect of discharge planning on self efficacy with larger samples size.