

Pengaruh paket edukasi Talasemia (PedTal) terhadap kualitas hidup anak talasemia = The effect of thalassemia education package (PedTal) on the quality of life of children with thalassemia / Retno Puji Hastuti

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Abstrak

**ABSTRAK**  
Penyakit talasemia dan pengobatannya serta rendahnya pengetahuan orang tua dapat menyebabkan rendahnya kualitas hidup anak talasemia. Penelitian ini bertujuan mengetahui pengaruh paket edukasi talasemia (PEdTal) terhadap kualitas hidup anak talasemia. Metode penelitian quasi eksperimen with pre and post test kepada 14 orang anak dan orang tua yang dipilih dengan teknik consecutive sampling. Data dianalisis dengan uji analitik komparatif numerik berpasangan (paired t test). Hasil penelitian yaitu pengetahuan orang tua, perilaku dan kualitas hidup anak talasemia meningkat setelah pemberian PEdTal, terdapat perbedaan signifikan pengetahuan orang tua sebelum dan setelah pendidikan kesehatan ( $p=0.001$ ), tidak ada perbedaan signifikan kualitas hidup sebelum dan setelah diberikan PedTal serta tidak ada perbedaan kualitas hidup menurut laporan anak dan orang tua ( $p > 0.05$ ). Saran perawat pediatrik meningkatkan keterampilan edukasi kesehatan dan menerapkan penilaian kualitas hidup anak pada pengkajian keperawatan anak talasemia.

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**ABSTRACT**  
The disease of thalassemia, its treatment and low parental knowledge may leads to poor quality of life (QoL) in children with thalassemia. This study aimed to identify the effect of thalassemia education package (PEdTal) on QoL of children with thalassemia. This quasi-experimental research used pre and post test design to 14 children and parents selected by consecutive sampling technique. Data were analyzed by paired t test. The results were parental knowledge, behaviour and QoL of children with thalassemia increased after receiving PEdTal, there was significant difference in parental knowledge before and after health education ( $p = 0.001$ ), there were no significant differences in QoL before and after being receive PedTal and QoL according to child and parent proxy reports ( $p > 0.05$ ). Pediatric nurses should enhance the skills of health care education and implement PedsQL in nursing assessment for thalassemia children.