

## Effectivity of foot care education program in mproving knowledge, self-efficacy and foot care behavior among diabetes mellitus patients in banjarbaru, indonesia./ Mahdalena, Endang Sri Purwanti Ningsih

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### Abstrak

Diabetic foot problem in Indonesia remains a big problem and still needs an optimum concern. Foot care education is one of efforts that must be performed to prevent foot problem among diabetes mellitus patients. This study aimed to analyze effectivity of foot care education program in improving knowledge, self-efficacy and foot care behavior of diabetes patients in Banjarbaru. This study was quasi experimental with prepost test as conducted at primary health care in Banjarbaru in 2013. Foot care education program was provided to intervention group. Samples were 48 patients (32 persons in intervension group and 16 persons in control group) using purposive sampling technique. Variables measured were knowledge, self-efficacy and foot care behavior of diabetes mellitus patients.

Intervension provided on respondents was in form of health education concerning foot care for twice. Every variable was measured twice before and after intervension. Knowledge test was measured using Diabetic Foot Care Knowledge Questionnaire, self-efficacy was measured by using Foot Care Confident Scale Self-Efficacy and foot care behavior was assessed using Behavior Foot Care Questionnaire. Data analysis used Manova. Results showed significant differences on knowledge level (p value = 0.001), self-efficacy (p value = 0.000) and foot care behavior (p value = 0.000) before and after intervension.

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Masalah kaki diabetik di Indonesia masih merupakan masalah besar dan masih memerlukan perhatian yang optimal. Edukasi perawatan kaki adalah salah satu upaya yang harus dilakukan dalam mencegah masalah kaki untuk pasien diabetes melitus. Penelitian ini bertujuan untuk menganalisis efektivitas program pendidikan perawatan kaki dalam meningkatkan pengetahuan, efikasi diri, dan perilaku perawatan kaki pasien diabetes di wilayah Banjarbaru. Jenis penelitian yang digunakan adalah quasi experimental dengan prepost test, dilakukan di puskesmas wilayah Banjarbaru tahun 2013. Kelompok intervensi diberikan program pendidikan perawatan kaki. Sampel berjumlah 48 pasien (32 orang kelompok intervensi dan 16 orang kelompok kontrol) menggunakan teknik purposive sampling. Variabel yang diukur adalah pengetahuan, efikasi diri, dan perilaku perawatan kaki pasien diabetes melitus. Perlakuan yang diberikan pada responden berupa pendidikan kesehatan tentang perawatan kaki sebanyak dua kali. Setiap variabel diukur dua kali sebelum dan setelah intervensi.

Uji pengetahuan diukur menggunakan Diabetic Foot Care Knowledge Questionnaire, efikasi diri diukur menggunakan Foot Care Confident Scale Self-Efficacy, dan perilaku perawatan kaki dinilai menggunakan Behavior Foot Care Questionnaire. Analisis data menggunakan Manova. Hasil penelitian menunjukkan perbedaan yang signifikan pada tingkat pengetahuan (nilai  $p = 0,001$ ), efikasi diri (nilai  $p = 0,000$ ) dan perilaku perawatan kaki (nilai  $p = 0,000$ ) sebelum dan setelah intervensi.