

# Pengaruh Stroke Self Management Education (SSME) berbasis audiovisual terhadap self efficacy dan kualitas hidup pasien pasca stroke = The Effect of audiovisual-based Stroke Self Management Education (SSME) on self efficacy and quality of life post stroke patients

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## Abstrak

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Kondisi pasca stroke tidak hanya menimbulkan kecacatan fisik tetapi juga psikologis seperti depresi pasca stroke dan isolasi sosial yang dapat menyebabkan penurunan efikasi diri (self-efficacy) dan mempengaruhi kualitas hidup pasien. Penelitian ini bertujuan mengetahui pengaruh intervensi Stroke Self Management Education (SSME) berbasis audiovisual terhadap self efficacy dan kualitas hidup pasien pasca stroke. Penelitian quasi eksperimen ini melibatkan 36 responden yang dipilih dengan tehnik concecutive sampling yang dibagi menjadi kelompok intervensi (18 responden) dan kelompok kontrol (18 responden). Hasil uji independent t test menunjukkan adanya perbedaan selisih skor self efficacy ( $p\text{-value} < 0.0001; \hat{\pm} 0,05$ ) dan kualitas hidup ( $p\text{-value} = 0,001; \hat{\pm} 0,05$ ) yang bermakna antara kelompok intervensi dan kontrol. SSME berbasis audiovisual berpengaruh terhadap self efficacy dan kualitas hidup pada pasien pasca Stroke. SSME ini dapat digunakan untuk meningkatkan self efficacy dan kualitas hidup pada pasien pasca Stroke.

Post-stroke condition can lead to depression and social isolation that significantly decrease self efficacy and quality of life among stroke patient. This study aimed at identifying the effect of Audiovisual-based Stroke Self Management Education (SSME) on self efficacy and quality of life of post-stroke patients. The method applied is quasi-experimental with total of 36 respondents. Concecutive sampling techniques was implemented when choosing the research subject and divided into two groups (intervention group and control group). The results of independent t-test showed there is significant mean differences of self efficacy ( $p\text{ value} < 0.0001; \hat{\pm} 0.05$ ) and quality of life scores ( $p\text{ value} = 0.001; \hat{\pm} 0.05$ ) between the intervention and control groups. To conclude, Audiovisual-based SSME significantly on self efficacy and quality of life among post-stroke patients. Audiovisual based SSME is recommended to improve self efficacy and quality of life among post-stroke patients.