

Pengaruh edukasi kesehatan terstruktur terhadap self efficacy dan status kesehatan fisik klien TB paru di Kabupaten Murung Raya = The impact of structured health education towards self efficacy and physical health status of pulmonary TB patients in Murung Raya Regency

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Abstrak

Tuberkulosis (TB) paru saat ini merupakan penyakit dengan prevalensi tinggi, baik di Indonesia maupun di dunia, meskipun program pengendalian TB paru telah berjalan. Angka morbiditas, mortalitas dan prevalensi TB terus mengalami peningkatan setiap tahunnya. Berbagai faktor terutama status kesehatan fisik klien, menyebabkan terjadinya perilaku keterlambatan dalam pengobatan dan penghentian pengobatan yang berakibat meningkatkan risiko penularan. Self efficacy klien dalam berperilaku sehat untuk mempertahankan status kesehatan fisik dan menuntaskan pengobatan menjadi penting. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi kesehatan terstruktur terhadap self efficacy dan status kesehatan fisik klien TB paru. Disain penelitian menggunakan kuasi eksperimen jenis pretest and posttest with control group, dengan masing-masing 38 responden pada kelompok intervensi dan kontrol yang diseleksi dengan cluster random sampling dan purposive sampling. Analisis data menggunakan uji paired t-test dan pooled t-test. Intervensi diberikan sebanyak 4 sesi dalam 4 minggu selama 60-120 menit. Hasil penelitian menunjukkan adanya pengaruh edukasi kesehatan terstruktur terhadap self efficacy dan status kesehatan fisik klien TB paru ($p=0,0001$). Penelitian ini merekomendasikan pemberian intervensi keperawatan dalam bentuk edukasi kesehatan terstruktur pada klien TB paru yang menjalani pengobatan terintegrasi dengan program DOTS di puskesmas.

.....The pulmonary TB patient experiences physical, psychological, social, and spiritual changes that affect self-efficacy. Patients of pulmonary TB with low self-efficacy are more likely to stop treatment and consequently be agents of transmission. This study aims to identify the effects of structured-health education on the self-efficacy of pulmonary TB patients. A pre-post quasi-experimental design with a control group was used in this study at two primary health care service in Murung Raya Regency. The totals of respondents were 76 people divided into two groups and recruited using purposive sampling. Structured-health education is given for four sessions in four weeks for 60-120 minutes each session. Data collected using a self-efficacy questionnaire and analyzed using paired t-test and pooled t-test. The results showed that self-efficacy in the intervention group increased significantly ($MD = 16.42$; $p = 0.0001$) compared to the control group, and there was a significant effect of structured-health education on improving self-efficacy ($MD = 15.89$; $p = 0,0001$). Structured-health education interventions can be applied as an innovative alternative nursing intervention in improving the self-efficacy of pulmonary TB patients. Structured-health education is expected to be given to TB patients at the early of their treatment so that patients have good self-efficacy and undergo complete TB treatment.