

Pengaruh Edukasi Self-Management Berbasis Digital Terhadap Self-Efficacy Pasien Kanker Payudara Pasca Mastektomi = The Effect of Digital-based Self-Management Education on the Self-Efficacy of Post-Mastectomy Breast Cancer Patients

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Abstrak

Kanker payudara merupakan penyakit kanker yang paling banyak terjadi pada wanita. Edukasi self management dengan media booklet digital dan video pada pasien kanker payudara pasca mastektomi diperlukan untuk meningkatkan keyakinan dalam melakukan pengelolaan kesehatan mandiri dan mendukung keberlangsungan pengobatan selanjutnya, yang menjawab tantangan pergeseran sistem pelayanan kesehatan ke pelayanan berbasis digital. Penelitian bertujuan mengetahui pengaruh edukasi self management dengan media booklet digital dan video terhadap self efficacy. Tempat penelitian RSUP DR Sardjito Yogyakarta, pada bulan Maret hingga Mei 2024, menggunakan quasi experiment pre post desing with comparison group. Jumlah sampel 30 kelompok intervensi dan 30 kelompok kontrol diambil dengan teknik purposive sampling. Data dianalisis menggunakan T-test, menunjukkan peningkatan self efficacy yang signifikan pada kelompok intervensi $p = 0,000 (<0,05)$ sedangkan kelompok kontrol tidak terjadi peningkatan yang signifikan $p=0,967$. Oleh karena itu, edukasi self management dengan media booklet digital dan video dapat digunakan untuk meningkatkan keyakinan dalam perawatan mandiri pasien kanker payudara pasca mastektomi.

.....Breast cancer is the most common cancer in women. Self-management education using digital booklets and video media for post-mastectomy breast cancer patients is needed to increase confidence in carrying out independent health management and support the continuation of subsequent treatment, which answers the challenges of shifting the health service system to digital-based services. The research aims to determine the effect of self-management education using digital booklets and video media on self-efficacy. The research site at RSUP DR Sardjito Yogyakarta, from March to May 2024, used a quasi experimental pre post design with comparison group. The total sample of 30 intervention groups and 30 control groups was taken using a purposive sampling technique. Data were analyzed using the T-test, showing a significant increase in self-efficacy in the intervention group $p = 0.000 (<0.05)$ while there was no significant increase in the control group $p= 0.967$. Therefore, self-management education using digital booklets and videos can be used to increase confidence in self-care for breast cancer patients after mastectomy.