

[Efektivitas Model Perawatan Holistik Berbasis Budaya (PASTI BERDAYA) Terhadap Kepatuhan, Tingkat Stres, Koping, dan Tekanan Darah Lansia Hpertensi = The Effectiveness of Cultural Based Holistic Care Model on Compliance, Stress Level, Coping, and Blood Pressure in Eldeerly With Hypertension, Penerapan evidence-based nursing pengaruh earplug dan eye mask terhadap kualitas tidur pada pasien di icu]

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Abstrak

[<p align="center"> </p><table cellpadding="0" cellspacing="0" width="100%"><tbody><tr><td><p align="center"> </p><p>ABSTRAK</p><p><strong style="font-size: inherit;">Latar belakang: Lansia hipertensi mengalami perubahan pada aspek fisik, psikologis, sosial, dan spiritual. Penyakit hipertensi dan penatalaksanaannya dipengaruhi oleh kebiasaan atau budaya yang dimiliki. Intervensi keperawatan holistic berbasis budaya dapat mengurangi dampak negative dan mencegah komplikasi hipertensi. <strong style="font-size: inherit;">Tujuan: penelitian bertujuan mengidentifikasi pengalaman lansia hipertensi dan faktor budaya yang mempengaruhi, serta mengidentifikasi efektifitas model PASTI BERDAYA terhadap kepatuhan, tingkat, stres, coping, dan tekanan darah lansia hipertensi. <strong style="font-size: inherit;">Metodologi: Penelitian menggunakan penelitian operasional melalui tiga tahapan. Tahap pertama melalui studi fenomenologi deskriptif melibatkan 15 partisipan, tahap kedua penyusunan model dan modul PASTI BERDAYA melibatkan 3 orang pakar, dan tahap ketiga melalui studi <em style="font-size: inherit;">quasi ekperimen with control group melibatkan 100 responden dengan pengambilan sampel dilakukan dengan <em style="font-size: inherit;">purposive sampling. <strong style="font-size: inherit;">Hasil : teridentifikasi 10 tema yang menjadi dasar pengembangan model. Tersusunnya model PASTI BERDAYA dan tiga modul sebagai perangkat model PASTI BERDAYA. Hasil menunjukan adanya perbedaan bermakna dari pretest, post test I setelah 3 bulan perlakuan, dan Post test II setelah 6 bulan perlakuan antara kelompok intervensi dan kelompok control pada variabel kepatuhan pengobatan (nilai p <0,001), kepatuhan pengendalian risiko hipertensi (nilai p <0,001), tingkat stres (nilai p <0,001), coping (nilai p <0,001), tekanan darah sistole (nilai p <0,001), dan tekanan darah diastole (nilai p <0,001). <strong style="font-size: inherit;">Simpulan: Model PASTI BERDAYA mampu meningkatkan kepatuhan pengobatan, kepatuhan pengendalian risiko hipertensi, dan coping serta mampu menurunkan tingkat stres dan tekanan darah lansia hipertensi setelah evaluasi 3 bulan dan 6 bulan perlakuan. Model PASTI BERDAYA tepat untuk diaplikasikan pada lansia dengan hipertensi atau penyakit kronik degenerative lainnya dengan masalah ketidakpatuhan, stres dan coping yang kurang.</p><p> </p><p>Kata Kunci : Model PASTI BERDAYA, Kepatuhan pengobatan,

Kepatuhan pengendalian risiko, Tingkat stres, Koping, Tekanan darah, Lansia hipertensi

ABSTRACT

Background: Elderly hypertensive patients experience changes in physical, psychological, social, and spiritual aspects Hypertension and its management are influenced by habits or culture. Holistic nursing interventions based on culture can reduce negative impacts and prevent complications of hypertension.

Objective: The study aims to identify the experiences of elderly hypertensive patients and the cultural factors that influence them, as well as to identify the effectiveness of the PASTI BERDAYA model on compliance, levels stress, coping, and blood pressure of elderly hypertensive patients.

Methodology: The study used operational research through three stages. The first stage was through a descriptive phenomenological study involving 15 participants, the second stage was the preparation of the PASTI BERDAYA model and module involving 3 experts, and the third stage was through a quasi-experimental study with a control group involving 100 respondents with sampling conducted by purposive sampling.

Results: 10 themes were identified as the basis for developing the model. The PASTI BERDAYA model and three modules were compiled as PASTI BERDAYA model devices. The results showed a significant difference from the pretest, post-test I after 3 months of treatment, and post-test II after 6 months of treatment between the intervention group and the control group on the variables of medication adherence (p value <0.001), hypertension risk control adherence (p value <0.001), stress level (p value <0.001), coping (p value <0.001), systolic blood pressure (p value <0.001), and diastolic blood pressure (p value <0.001).

Conclusion: The PASTI BERDAYA model is able to improve medication adherence, hypertension risk control adherence, and coping and is able to reduce stress levels and blood pressure in elderly hypertensives after 3-month and 6-month evaluations of treatment. The PASTI BERDAYA model can be adopted to improve the health of elderly hypertensives and other chronic degenerative diseases with problems of non-compliance, stress and poor coping.

Keywords: PASTI BERDAYA Model, Medication adherence, Risk control compliance, Stress level, Coping, Blood pressure, Hypertensive elderly

Gangguan tidur di ICU disebabkan oleh banyak faktor, diantaranya lingkungan, kebisingan, pencahayaan, kegiatan perawat, penyakit yang diderita, tindakan keperawatan, terapi obat, dan ventilasi mekanik. Efek yang ditimbulkan akan memengaruhi fungsi kekebalan tubuh, sistem metabolisme, regulasi sistem saraf pusat, dan kondisi psikologis. Tujuan penelitian ini menerapkan dan membuktikan efektivitas penggunaan Earplug dan Eye Mask dalam meningkatkan kualitas tidur pada pasien di ICU. Desain yang digunakan randomized controlled trial (RCT) crossover design. Peneliti membagi Group A dan Group B dengan simple random sampling. Jumlah sampel 24 responden. Instrumen kualitas tidur menggunakan Richard Campbell Sleep Questionnaire (RCSQ). Data dianalisis dengan uji Independent Sample T-Test. Hasil penelitian didapatkan p-value $< 0,05$, berarti pada alpha 5% terdapat perbedaan yang signifikan kualitas tidur antara malam pertama dan kedua pada masing-masing group sehingga disarankan dijadikan evidence based di rumah sakit sebagai salah satu terapi komplementer yang dapat dijadikan intervensi mandiri keperawatan untuk membantu mengatasi gangguan tidur.

.....Sleep disorders in ICU are caused by many factors, including environment, noise, lighting, nursing

activities, illness, nursing, medication therapy, and mechanical ventilation. The effects will affect the immune function, metabolic system, central nervous system regulation, and psychological conditions. The purpose of this study to apply and prove the effectiveness of the use of Earplug and Eye Mask in improving sleep quality in patients in ICU. The design used randomized controlled trial (RCT) crossover design. The researchers divide Group A and Group B by simple random sampling. The Total sample of 24 respondents. Sleep quality instrument using Richard Campbell Sleep Questionnaire (RCSQ). Data were analyzed by the Independent Sample T-Test. The result of this research is p-value $<0,05$, mean at alpha 5% there is a significant difference of sleep quality between first and second night in each group so it is suggested to be an evidence-based in a hospital as one of complementary therapy which can be made independent intervention nursing to help overcome sleep disorders.]