

**PENGARUH TERAPI PSIKOEDUKASI TERHADAP *SELF – EFFICACY*
PADA PENDERITA *TUBERCULOSIS* PARU YANG SEDANG
MENJALANI PENGOBATAN DI WILAYAH KERJA
PUSKESMAS BITUNG BARAT**

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Abstrak

Latar Belakang : *Tuberculosis* paru merupakan penyakit menular yang mempengaruhi kesehatan fisik dan psikologis penderita. Terapi psikoedukasi adalah pemberian informasi kepada pasien untuk meningkatkan pemahaman seseorang tentang kondisi yang mereka miliki, sehingga penderita dapat menerima dan yakin dalam menjalani pengobatan dengan begitu penderita akan memiliki *self – efficacy* yang baik.

Tujuan : Penelitian ini bertujuan untuk mengetahui apakah ada pengaruh terapi psikoedukasi terhadap *self – efficacy* pada penderita *tuberculosis* paru yang sedang menjalani pengobatan di Wilayah Kerja Puskesmas Bitung Barat.

Metode : Jenis penelitian ini menggunakan Kuasi Eksperimen dengan desain *One Group Pre and Post Test Design* untuk melihat pengaruh terapi psikoedukasi terhadap *self – efficacy* pada penderita *tuberculosis* paru yang sedang menjalani pengobatan. Teknik pengambilan sampel menggunakan *non – probability* dengan metode *purposive sampling*. Populasi dalam penelitian ini yaitu penderita *tuberculosis* paru di Wilayah Kerja Puskesmas Bitung Barat dengan jumlah sampel 33 responden penderita *tuberculosis* paru dibantu oleh rumus federer. Uji statistik yang digunakan dalam penelitian yaitu *Wilcoxon sign test*

Hasil : Diketahui bahwa sebelum dilakukan *pre test self – efficacy* penderita *tuberculosis* paru memiliki hasil kurang setelah diberikan terapi psikoedukasi dan diberikan *post test* menunjukkan hasil baik. Hasil analisis data bivariat menunjukkan *p – value* $0.01 \leq 0.05$ maka dinyatakan bahwa H_0 di tolak dan H_a diterima .

Kesimpulan : Terdapat Pengaruh Terapi Psikoedukasi Terhadap *Self – Efficacy* Pada Penderita *Tuberculosis* Paru Yang Sedang Menjalani Pengobatan di Wilayah Kerja Puskesmas Bitung Barat

Kata kunci : *Tuberculosis*, Terapi Psikoedukasi, *Self – Efficacy*

Kepustakaan : 7 buku, 12 jurnal, 12 skripsi, 3 artikel (tahun 2019 – 2023)

**EFFECTS OF PSYCHOEDUCATIONAL THERAPY ON SELF –
EFFICACY IN PATIENTS WITH PULMONARY TUBERCULOSIS WHO
ARE UNDERGOING TREATMENT IN THE WORKING AREA OF WEST
BITUNG HEALTHCARE CENTER**

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Abstract

Background: Pulmonary tuberculosis is an infectious disease that affects the physical and psychological health sufferers. Psycho educational therapy is the provision of information to patients to increase a person's understanding of the conditions they have, therefore patients can accept and be confident in undergoing treatment thus the patients will have good self-efficacy.

Objective: This research aimed to determine whether there was an effect of psychoeducational therapy on self-efficacy in patients with pulmonary tuberculosis who were undergoing treatment at the West Bitung Healthcare Center Working Area.

Method: This type of research used Quasi Experiment with One Group Pre and Post Test Design to see the effect of psychoeducational therapy on self-efficacy in patients with pulmonary tuberculosis who were undergoing treatment. The sampling technique used non-probability with purposive sampling method. The population in this study were patients with pulmonary tuberculosis in the West Bitung Healthcare Center Working Area with a sample size of 33 respondents with pulmonary tuberculosis assisted by the Federer formula. The statistical test used in the research was Wilcoxon sign test.

Result: It was known that before the pre-test the self-efficacy of pulmonary tuberculosis patients had poor results after being given psychoeducational therapy and given a post-test showing good results. The results of bivariate data analysis showed p-value of $0.01 \leq 0.05$, therefore it was stated that H_0 was rejected and H_a was accepted.

Conclusion: There was an effect of psychoeducational therapy on self-efficacy in patients with pulmonary tuberculosis in the West Bitung Healthcare Center Working Area.

Keywords: Tuberculosis, psychoeducational therapy, self-efficacy

Literature: 7 books, 12 journals, 12 theses, 3 articles (2019-2023)

This translation has been checked and proven accurate.



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