ABSTRAK

Parkinson menjadi penyakit dengan angka kematian pada manusia yang cukup tinggi, Parkinson adalah penyakit yang mempengaruhi sistem saraf otak kronis dan progresif yang ditandai dengan gangguan motoric, disfungsi otonom, perubahan psikologis dan kognitif sehingga mengganggu pergerakan penderitanya dalam melakukan aktivitas sehari-hari dan lambat laun akan semakin parah. Untuk meminimalisisr terjadinya komplikasi pada pasien parkinson pasien harus mendapatkan *self management education* mengenai parkinson disease dimana *self management education* merupakan fasilitas pengetahuan, pengambilan keputusan, dan penguasaan keterampilan yang diperlukan untuk perawatan diri yang optimal dan menggabungkan kebutuhan, tujuan, dan pengalaman hidup pasien. Tujuan penelitian ini adalah untuk mengetahui besar pengaruh *Self Management Education* pasien parkinson disease di RSU Royal Prima Medan dalam manajemen perawatan diri setelah diberikan *Self Management Education*. Jenis penelitian ini adalah penelitian kohort retrospektif dengan populasi sebanyak 24 pasien. Pengambilan sampel menggunakan total sampling dengan jumlah 24 pasien yang dibagi kedalan 2 kelompok, kelompok perlakuan dan kelompok kontrol. Analisis data dalam penelitian ini menggunakan uji statistik *Wilcoxon rang test* yang dilanjutnkan dengan uji *Mann Whitney U Test*. Hasil penelitian menunjukkan Mayoritas pasien parkinson dalam penelitian ini berusia >50 tahun, berjenis kelamin laki-laki, berpendidikan S1, bekerja sebagai wiraswasta dan mayoritas lama menderita parkinson selama >3 tahun. Terdapat pengaruh *self-efficacy* pasien parkinson disease sebelum diberikan *Self Management Education* nilai P<0,05 dimana *self-efficacy* pasien pada kategori baik hanya 1 orang pasien, kategori cukup 4 orang pasien, dan kategori kurang sebanyak 7 orang pasien. Terdapat pengaruh *self-efficacy* pasien parkinson disease sesudah diberikan *Self Management Education* nilai P<0,05 dimana *self-efficacy* pasien pada kategori baik 8 orang pasien, kategori cukup 3 orang pasien, dan kategori kurang sebanyak 1 orang pasien. Terdapat pengaruh *Self Management Education* parkinson disease terhadap peningkatan *self-efficacy* pasien parkinson disease nilai P<0,05 dimana terlihat terdapat peningkatan kategori *self-efficacy* pasien sebelum dan sesudah diberikan *Self Management Education*, pasien dengan kategori *self-efficacy* baik sebelum diberikan *Self Management Education* sebanyak 1 orang pasien dan pasien dengan kategori baik setelah diberikan *Self Management Education* sebanyak 8 orang pasien.

Kata Kunci : Pasien Parkinson, *Self Management Education, Self-Efficacy*

ABSTRACT

Parkinson's is a disease with a high mortality rate in humans, Parkinson's is a disease that affects the nervous system of the brain chronically and progressively characterized by motor disturbances, autonomic dysfunction, psychological and cognitive changes that interfere with the movement of sufferers in carrying out daily activities and gradually getting worse. To minimize the occurrence of complications in Parkinson's patients, patients must receive self-management education regarding Parkinson's disease where self-management education is a facility of knowledge, decision-making, and mastery of the skills needed for optimal self-care and incorporates the needs, goals, and life experiences of patients. The purpose of this study was to determine the influence of Self Management Education on Parkinson's disease patients at RSU Royal Prima Medan in self-care management after being given Self Management Education. This type of study was a retrospective cohort study with a population of 24 patients. Sampling used total sampling with a total of 24 patients who were divided into 2 groups, the treatment group and the control group. Data analysis in this study used the Wilcoxon Rang test, followed by the Mann Whitney U Test. The results showed that the majority of Parkinson's patients in this study were >50 years old, male, had an undergraduate degree, worked as entrepreneurs and the majority had suffered from Parkinson's disease for >3 years. There is an influence of the self-efficacy of patients with Parkinson's disease before being given Self Management Education with a value of P <0.05 where the patient's self-efficacy in the good category is only 1 patient, the sufficient category is 4 patients, and the poor category is 7 patients. There is an effect of the self-efficacy of Parkinson's disease patients after being given Self Management Education with a value of P <0.05 where patient self-efficacy is in the good category 8 patients, 3 patients in the sufficient category, and 1 patient in the poor category. There is an effect of self-management education on Parkinson's disease on increasing the self-efficacy of patients with parkinson's disease with a value of P<0.05 where it can be seen that there is an increase in the self-efficacy category of patients before and after being given self-management education, 1 patient with good self-efficacy category before being given self-management education patients and patients in the good category after being given Self Management Education were 8 patients.

Keywords: *Parkinson's Patients, Self Management Education, Self Efficacy*