

PENGARUH SELF CARE MANAGEMENT EDUCATION TERHADAP KUALITAS HIDUP PASIEN TB PARU

Siti Fauziah Nur Panjaitan¹, Yusni Darwati Br Sianipar², Solideo Gloria Nduru³,
Muhammad Habib Asmad⁴, Yohana Notris Telaumbanua⁵, Afeus Halawa^{6*}

^{1,2,3,4,5,6} Universitas Prima Indonesia
afeushalawa@unprimdn.ac.id

ABSTRAK

Latar Belakang: Tuberkulosis paru merupakan masalah kesehatan global yang signifikan, termasuk di Indonesia. Penyakit ini tidak hanya berdampak pada kesehatan fisik, tetapi juga kualitas hidup pasien. Perawatan diri merupakan strategi penting untuk meningkatkan kualitas hidup pasien TB paru di RSUD Royal Prima Medan. **Tujuan:** untuk melihat *pengaruh self care management education* terhadap kualitas hidup pasien TB Paru di Rumah Sakit Royal Prima Medan. **Metode:** Penelitian ini menggunakan penelitian kuantitatif dengan desain quasi *experimental* melalui pendekatan *one group pre-test post-test*, mengadakan pengukuran kualitas hidup sebelum dan setelah melakukan self care management education dengan populasi 30 pasien TB paru di RSUD Royal Prima Medan. Sampel pada penelitian ini berjumlah 30 responden. Pengumpulan data dilakukan melalui observasi secara langsung terhadap pasien. **Hasil:** Hasil penelitian menunjukkan bahwa ada pengaruh *self care management education* terhadap kualitas hidup pasien TB Paru di Rumah Sakit Royal Prima Medan Tahun 2024. **Kesimpulan:** mayoritas responden berjenis kelamin laki-laki, berpendidikan SMA, dan berusia ≥ 31 tahun. Kualitas hidup pasien TB paru meningkat setelah menerima self care. Ada pengaruh yang signifikan antara *self care management education* terhadap kualitas hidup pasien TB paru.

Kata Kunci: *self care; Kualitas Hidup; Tuberkulosis*

ABSTRACT

Background: Pulmonary tuberculosis is a significant global health problem, including in Indonesia. This disease not only impacts physical health, but also the patient's quality of life. Self-care is an important strategy to improve the quality of life of pulmonary TB patients at RSUD Royal Prima Medan. **Objective:** to see the effect of self-care management education on the quality of life of pulmonary TB patients at the Royal Prima Medan Hospital. **Method:** This research used quantitative research with a quasi-experimental design using a one group pre-test post-test approach, measuring quality of life before and after carrying out self-care management education with a population of 30 pulmonary TB patients at RSUD Royal Prima Medan. The sample in this study consisted of 30 respondents. Data collection was carried out through direct observation of patients. **Results:** The results of the study show that there is an influence of self-care management education on the quality of life of pulmonary TB patients at the Royal Prima Medan Hospital in 2024. **Conclusion:** the majority of respondents are male, have a high school education, and are ≥ 31 years old. The quality of life of pulmonary TB patients improves after receiving self-care. There is a significant influence between self-care management education on the quality of life of pulmonary TB patients.

Keywords: *Self Care; Quality of Life; Tuberculosis*