

EXECUTIVE SUMMARY

The Effect of Supportive Educative System Intervention Based on Integration Self Care and Family Centered Nursing Model on Family Support to Improve Nutritional Status of Tuberculosis Patients

By: Nur Melizza

Tuberculosis (TB) is one of the dominant diseases in Indonesia. Based on the Household Health Survey indicate that TB is the third leading cause of death after cardiovascular disease and respiratory disease, and is a major killer of an infectious agent worldwide, especially in Asia and Africa (Kementerian Kesehatan 2011; Puspita, Christianto & Yovi 2016). Tuberculosis is associated with poverty, population density, alcoholism, stress, drug addiction and malnutrition. Malnutrition and tuberculosis are interrelated or interacting. Malnutrition in tuberculosis patients is influenced by several factors, such as: 1) economic factors, 2) comorbidities, 4) knowledge, 5) patient behavior on food and health; 6) long suffering from pulmonary TB; 7) age; 8) sex; 9) marital status; 10) education level, 11) confidence in foods, 12) family support (Dodor 2008; Si, et al. 2015; Samuel, et al. 2016; Puspita, et al. 2016; Lestari 2016).

The study conducted by researchers in Kedungkandang and Ciptomulyo area, through accumulation data of program holder of TB Puskesmas, during the third quarter of 2017 showed that the number of suspected TB patients in both areas is quite high that is 132 cases in Kedungkandang and 220 in Ciptomulyo. The phenomenon that occurs in TB cases in the area is an increasing the number of cases TB relapse. The number of TB patients with BTA positive in Kedungkandang is 29 people, while the decreasing of nutritional status is 62% of the total number of patients, the increase of TB relapse is 2.03%, where in the previous year there was only 1 person who experienced TB relapse but this year increased to 7 people. Meanwhile, the number of TB patients with positive BTA in Ciptomulyo was 28 people, and by 50% experienced a decrease in nutritional status, the incidence of TB relapse in the province increased to 3.3%. This happens because of lack of family support in improving the nutritional status of TB patients. Program holder said many programs have been done such as counseling about TB, in collaboration with health cadres to make suspect discovery and counseling about TB, and distribution of 6 cans / person to overcome nutrition problem, but the program has not run optimally due to lack of active participation from sufferers themselves and mainly due to lack of support from family members. Patients and families are more focused on TB treatment but other factors that support TB treatment are noticed. To increase family support, researchers offer intervention supportive educative system in the form of teaching, guidance and support to families of TB patients.

This research is a quantitative research with quasy experimental design with the aim to know the influence of supportive educative system intervention to

family support, in two Community Health Center namely Kedungkandang and Ciptomulyo, consist of 48 respondents into 2 groups, control (n = 24) located in Kedung kandang and treatment (n = 24) located at Ciptomulyo. Data were collected through questionnaires that were late tested, the data were analyzed descriptively, homogeneity test was conducted to find out the homogeneous sample distribution between treatment group and control group. The test results indicate that the family development stage factor is not homogeneous, so simultaneous test should be performed together with the intervention group used two way anova test to know the effect on the family support.

The results showed that the stage of family development, and interaction between the stages of family development with the intervention group did not affect the support of the family. Meanwhile, intervention supportive educative system in the intervention group negatively affects family support in improving the nutritional status of TB patients, however intervention supportive educative system had a positive effect on family support in increasing instrumental support in the treatment group.

ABSTRAK**Pengaruh Intervensi *Supportive Educative System* Berbasis Integrasi *Self Care* dan *Family Centered Nursing Model* terhadap Dukungan Keluarga dalam Meningkatkan Status Gizi Penderita Tuberkulosis****Oleh: Nur Melizza**

Pendahuluan: Gizi kurang dan tuberkulosis (TB) merupakan masalah yang saling berhubungan atau saling berinteraksi satu sama lain. Gizi kurang pada penderita TB salah satunya dipengaruhi oleh dukungan keluarga yang kurang terhadap penderita TB, baik pada dukungan emosional, penghargaan, instrumental, dan informasional. Penelitian ini bertujuan untuk mengevaluasi pengaruh intervensi *supportive educative system* dalam meningkatkan dukungan keluarga. **Metode:** Penelitian ini merupakan penelitian kuantitatif dengan desain *quasi experimental*, di dua puskesmas yaitu Kedungkandang dan Ciptomulyo, terdiri dari 48 responden yang dibagi menjadi 2 kelompok yaitu kelompok kontrol, diberikan intervensi standar puskesmas (n=24) dan kelompok perlakuan, diberikan intervensi standar puskesmas dan *supportive educative system* (n=24). Data dianalisis dengan menggunakan uji two way anova. **Hasil:** Hasil penelitian menunjukkan bahwa tahap perkembangan keluarga, dan interaksi antara tahap perkembangan keluarga dengan kelompok intervensi tidak mempengaruhi dukungan keluarga ($p > 0,05$). Sementara itu, intervensi *supportive educative system* berpengaruh negatif terhadap dukungan keluarga dalam meningkatkan status gizi penderita TB ($p = 0,015$, mean=76,52), namun demikian, intervensi *supportive educative system* berpengaruh positif terhadap dukungan instrumental pada kelompok perlakuan ($p = 0,029$, mean=81,19). **Diskusi:** intervensi *supportive educative system* tidak lebih efektif dari intervensi standar puskesmas, hal tersebut dapat terjadi karena pengaruh karakteristik sampel, waktu penelitian, dan pengontrolan variabel serta faktor lain yang ikut mempengaruhi hasil penelitian.

Kata kunci: tuberkulosis, dukungan keluarga, *supportive educative system*

ABSTRACT**The Effect of Supportive Educative System Intervention Based on Integration Self Care and Family Centered Nursing Model on Family Support to Improve Nutritional Status of Tuberculosis Patients****By: Nur Melizza**

Introduction: Malnutrition and tuberculosis (TB) were interrelated or interconnected problems. Malnutrition in TB sufferers affected by less of family support, in support of emotional, awards, instrumental, and informational. The aims of this study was evaluate the effect of supportive educative system intervention to increased family support. **Method:** This research was a quantitative research with quasi experimental design, in Public Health Center (PHC) of Kedung kandang and Ciptomulyo, consist of 48 respondents was divided into control group, that given standard intervention of PHC (n = 24) and treatment group, that given intervention standard of PHC and supportive educative system (n = 24). Data were analyzed by used two way anova test. **Results:** The results showed that the stage of family development, and interaction between the stages of family development with the intervention group did not affect the family support ($p > 0.05$). Meanwhile, supportive educative system intervention had a negatively affects toward family support in improving the nutritional status of TB patients ($p = 0.015$, mean = 76.52). However, supportive educative intervention had a positive effect on instrumental support in the treatment group ($p = 0.029$, mean = 81.19). **Discussion:** supportive educative system interventions were no more effective than standard PHC interventions, they can occur because of the influences of sample characteristics, time of study, and control of variables and other factors that influenced the results of research

Keywords: tuberculosis, family support, supportive educative system