

ABSTRACT

THE EFFECT VIDEO MEDIA PSYCHEDUCATION ON ANXIETY LEVELS AND SELF EFFICACY OF TUBERCULOSIS PATIENTS IN THE TREATMENT AT PARU CENTER RSUD CILACAP

Quasy Experiment Research

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Background: Problems that often attack tuberculosis patients are psychological problems such as anxiety and about self efficacy or self-confidence that affect the patient's medication adherence. **Method:** Quasy experiment research design with pre-post test control group design involving 25 respondents in the treatment group and 25 respondents in the control group, selection technique with purposive sampling. The independent variable is video media psychoeducation while the dependent variable is the level of anxiety and self efficacy. Data were obtained using a questionnaire which was then analyzed using the Wilcoxon Signed Rank Test and Mann Whitney Test with a degree of significance $\alpha \leq 0.05$. Results: Video media psychoeducation significantly affected anxiety levels ($p = 0.00$) and increased self efficacy ($p = 0,000$). **Discussion:** Video media psychoeducation has positive benefits for overcoming the problem of anxiety and self-efficacy of tuberculosis patients. Video media psychoeducation is able to provide information and anxiety management in the form of deep breathing relaxation techniques through audio visual to clarify the presentation of the message so as not to be too verbalistic. Information received by the patient affects the mindset and behavior that will reduce anxiety. When the patient is not anxious the patient has high self efficacy. For further research, the researcher suggests that an objective assessment of the anxiety level of tuberculosis patients be further studied.

Keywords: Video media psychoeducation, anxiety, self-efficacy, tuberculosis