

## EXECUTIVE SUMMARY

## PSYCHOEDUCATION FAMILY MODUL TO TREAT CHILDREN WITH THALASEMIA TO IMPROVE THEIR FAMILY SELF CARE

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Thalasemia is a cronic heritage disease in which the sufferer depend on blood transfusion process. Transfusion for a long period lead to dangerous complication. The problem of thalasemia involved biological, psychological, social and spiritual aspect. The thalasemian has to have a good ability to adapt to create a better life in the society. At the children nursing, family is the focus of treatment process. Family has to have a good self care to run the treatment function optimally. The main focus of self care is to increase someone or family's ability to treat himself or their member. Thus, it achieved the ability to maintain health and well-being. Psycho-education can be applied to improve self care. Orem Theory stated that individual always wants to be involved in self care independently. This is called *self care therapeutic demand* or *self care requisites* (Parker, 2001). Psycho-education help the individual or the family to achieve a good self care by mastering a better life skills. It is good to give Psycho-education therapy to patients with a chronic disease in which the condition require a period of treatment as well as good reception from the family about the physical condition.

This research design is explorative. It aims to identify the alternative act and to get the understanding/knowledge to develop the problem approach. This research did descriptive survey on family selfcare which has children with thalasemia at treatment process. It took on RSUD Jombang. The population was 21 families which have children with Thalasemia. The sampling technique was Total sampling. The reseach variable was thalasemia knowledge of the family and self care how to treat it. This also applied family APGAR, such as adaptive, partnership, growth, affective and resolve. Furthermore, FGD can discuss to get the solution concept on the problems.

The results are shows that the knowledge of the family about thalasemia were at the low level. It involves: understanding, causes, signs and symptoms, complications and the treatment on Thalasemia. There are some factors dealing with the lack of knowledge on thalasemia. First, the family wich has minimum education. They graduated only from elementary . The second factor is information. The respondent explain that they have lack information about this disease. The last factor is the respondent culture. The environment where they live has the limit chances to access the information. While self care were in Partly Compensatory System categories. It describes that most of the family need a help and support to treat the children with thalasemia at their house.

FGD result shows that the lack of family knowledge is caused by the minimum education. Most of the family's education background is elementary , the

low of family self care is caused by the poor knowledge of Thalasemia. Even they are treated by another family. Another result shows that factors influencing the low of self care were the used of media and method to educate the family. Thus FGD give the solution to compile smart module entitle the treatment of Thalasemia(family therapy).