

## ABSTRAK

**PENGARUH PEMBERDAYAAN KELUARGA DALAM MENINGKATKAN  
SELF EFFICACY DAN SELF CARE ACTIVITY KELUARGA DAN  
PENDERITA TUBERKULOSIS PARU DI KOTA BIMA  
NUSA TENGGARA BARAT**

**Muhtar**

Penyakit TB paru yang diderita oleh individu akan membawa dampak yang sangat besar dalam kehidupannya baik secara fisik, mental maupun kehidupan sosial. Pengelolaan mandiri dan perawatan lanjutan di rumah merupakan kunci dalam penatalaksanaan penyakit secara komprehensif. Kemandirian pasien dalam pengelolaan TB dan kepatuhannya dalam menjalani pengobatan diperoleh jika individu memiliki pengetahuan, keterampilan dan *self efficacy* untuk melakukan perawatan diri di rumah. Salah satu upaya untuk meningkatkan *self efficacy* dan kemampuan *self care* penderita TB paru adalah pemberdayaan keluarga.

Penelitian ini bertujuan untuk membuktikan pengaruh pemberdayaan keluarga dalam meningkatkan *self-efficacy* dan *self care activity* keluarga dan penderita tuberculosis paru di Kota Bima Nusa Tenggara Barat. Dengan desain *quasi experiment, non-randomized control group pretest posttest design*. Besar sampel sebanyak 32 responden. pemberdayaan keluarga dilakukan sebanyak 6 kali pertemuan, data dikumpulkan menggunakan kuesioner, yang dianalisis dengan uji *Wilcoxon Sign Rank Test, Mann-Whitney Test*, dan korelasi *Spearman Rho* dengan tingkat signifikansi 5 % ( $\alpha = 0,05$ ).

Hasil penelitian menunjukkan bahwa *self efficacy* dan *self care activity* keluarga dalam perawatan penderita TB paru, peranan keluarga dalam membantu meningkatkan *self-efficacy* dan *self care activity* penderita TB paru, *self-efficacy* penderita TB paru, serta *self care activity* penderita TB paru pemberdayaan mengalami peningkatan, hasil uji *Wilcoxon Signed Rank Test* dan uji *Mann-Whitney Test* menunjukkan nilai  $p < 0,05$ , yang berarti ada pengaruh *pemberdayaan keluarga* terhadap *self care activity* penderita TB paru. Hasil analisis korelasi *Spearman's rho* diperoleh  $p = 0,001$ , yang berarti ada hubungan antara *self-efficacy* dan *self care activity* penderita tuberculosis paru.

Kesimpulan dari penelitian ini adalah ada pengaruh pemberdayaan keluarga terhadap *self efficacy* dan *self care activity* keluarga dan penderita TB paru di Kota Bima Nusa Tenggara Barat. Penelitian lanjutan perlu dilakukan dalam upaya meningkatkan *self efficacy*, kemandirian *self care*, kepatuhan berobat, serta kualitas hidup penderita TB paru.

Kata Kunci : ***Keluarga, pemberdayaan keluarga, self efficacy, self care activity, TB paru.***

**ABSTRACT**

**INFLUENCE OF FAMILY EMPOWERMENT IN INCREASING  
SELF-EFFICACY AND SELF-CARE ACTIVITY OF PULMONARY  
TUBERCULOSIS FAMILY AND PATIENTS IN BIMA,  
WEST NUSA TENGGARA**

**Muhtar**

Pulmonary TB may bring a huge impact in the life of the patients, whether it is physical, mental and social. Self-management and follow-up care at home by the patient is the key to a comprehensive disease management. The independence of the patient in TB management and adherence to treatment will be obtained if the individual has the knowledge, skills and self-efficacy to perform self-care at home. One of the efforts to increase self-efficacy and self-care ability of patients with pulmonary TB is family empowerment. This study aims to prove the influence of family empowerment in increasing self-efficacy and self-care family activity and pulmonary tuberculosis patients in Bima, West Nusa Tenggara.

This study a quasi experiment design with non-randomized control group pretest-posttest design. Sample size of 32 respondents were divided into treatment group and control group. Empowering families was done in 6-times meeting, and the data were collected using a questionnaire. Statistical analyses used were Wilcoxon Sign Rank Test, Mann-Whitney test, and Spearman Rho correlations with a significance level of 5% ( $\alpha = 0,05$ ). The results revealed significant increase in the knowledge and actions of the family in the care of patients with pulmonary TB, the role of the family in helping to improve self-efficacy and self-care of patients with pulmonary tuberculosis activity, self-efficacy pulmonary TB patients, as well as self-care activity of pulmonary tuberculosis in treatment group. Results of the Wilcoxon Signed Rank Test test and Mann-Whitney test each showed the value of  $p < 0.05$ , which means there was the influence of family empowerment on self-care activity of pulmonary tuberculosis patient. Results of Spearman's rho correlation analysis revealed  $p = 0.001$ , which means there was significant relationship between self-efficacy and self-care activity in pulmonary tuberculosis patients.

In conclusion, family empowerment affects to improve self-efficacy and self-care activity of pulmonary tuberculosis family and patients in Bima, West Nusa Tenggara. However, further research needs to be done in order to explore and develop nursing interventions useful for improving self-efficacy, self-reliance self-care, medication adherence, and quality of life of patients with pulmonary TB.

**Keywords** : *Family, Family Empowerment, Self-Efficacy, Self-Care Activity, Pulmonary TB.*