

**ABSTRACT****Effect of Self Management Education on Self Efficacy in Patients of Pulmonary Tuberculosis in Lung Polyclinic RSUD Dr R Sosodoro Djatikusumo Bojonegoro****By: Lia Putri Ariskanani**

Tuberculosis is still one of the world's health problems although control efforts with the DOTS strategy (Directly Observed Treatment Short-course) have been implemented in many countries since 1995) (Ministry of Health 2016). Self Management Education is one of the interventions to improve patient self efficacy. The purpose of this study to determine the effect of self management education on self efficacy patients pulmonary tuberculosis.

This research uses pra experiment with pre test and post test one group design. Sampling by purposive sampling technique with 19 people. Samples were taken from patient population of pulmonary tuberculosis at Lung Polyclinic RSUD Dr. R Sosodoro Djatikusumo Bojonegoro which fulfilled inclusion criteria. The data taken include the characteristics of responden and self efficacy of patients with pulmonary tuberculosis. Data were collected by using questionnaire and data analysis using Wilcoxon Sign Rank Test with significance level  $<0,05$ .

The results showed that there was an increase of self efficacy with mean of delta value or difference of pre test and post test in treatment group 55,63 (SD 10,473). Wilcoxon Sign Rank Test statistics showed there was a difference of self efficacy between pre test and post test group with  $p = 0,000$ . Research in different places and longer observation time should be developed for further research.

**Keywords:** *self management education, self efficacy, pulmonary tuberculosis*