

**ABSTRACT**

**SUPPORTIVE EDUCATIVE BASED ON SELF EFFICACY OF SELF CARE  
INDEPENDENCE IN PATIENTS WITH  
CHRONIC OBSTRUCTIVE PULMONARY DISEASE**

Self care management is an aid to control and reduce most of the symptoms and complications of respiratory damage and teach COPD patient to achieve an ability of daily activities. The purpose of this research is to analyze the influence of self-efficacy supportive educative s on self-care independence.

This research uses experimental design of pre-post test control group desaign. Sample size was 16 COPD patients at Jombang General Hospital and Dr. General Hospital. Wahidin Sudiro Husodo Mojokerto. Sampling technique with simple random sampling. The variables of this research are: supportive educative, self care knowledge, self care agency, self care behavior, self efficacy and peak expiratory flow rate (PEFR). Data collection using questionnaire and PEFR examination was analyzed using paired t-test and simple linear regression.

The results showed supportive educative effect on self-care independence. The result of paired t test is significant difference in the intervention group that is self-care knowledge, self care agency, self care behavior, self efficacy and peak expiratory flow rate. While in the control group was not significant knowledge of self care, self care agency, self care behavior, self efficacy and peak expiratory flow rate. The result of regression test of supportive educative have an effect on the variable of self care knowledge, self care agency, self care behavior and peak expiratory flow rate and insignificant in self efficacy

Advice for COPD patients to perform physical activity according to their ability regularly in maintaining the ability of lung function and adhere to the treatment. For nurses need to conduct routine activities of counseling and breathing exercises as well as discussing as a means of sharing experiences about self care.

**Keywords:** CODP, *supportive educative, self care*