

## ABSTRAK

**PENGARUH *SELF MANAGEMENT EDUCATION* BERBASIS  
*HEALTH PROMOTION MODEL* TERHADAP  
PEMBERDAYAAN KLIEN TUBERKULOSIS**

Oleh : Muhammad Afif Hilmi Masyfahani

**Pendahuluan:** Pemberdayaan klien TB dalam mengelola penyakitnya sampai saat ini masih rendah. Penanganan klien Tuberkulosis selain penekanannya dari pengobatan, kini berfokus pada pemberdayaan klien untuk terlibat aktif dalam perawatan penyakitnya. **Tujuan:** Menganalisis pengaruh *self management education* terhadap pemberdayaan klien Tuberkulosis. **Metode:** Jenis penelitian ini adalah *Quasy Experimental Research*. Desain Quasi Exsperimental yang digunakan dalam penelitian ini adalah *pretest posttest non equivalent control group design*. Studi dilakukan pada 70 klien TB di Poli RSUD Bangil dengan teknik *purposive sampling*. Penelitian ini dilakukan dengan memberikan intervensi *self management education* berbasis *health promotion model* pada kelompok perlakuan selama satu bulan. Uji statistik yang digunakan adalah *paired t test*, *independent t test* dan *multivariate test*. **Hasil:** Terdapat perbedaan yang bermakna diantara kelompok intervensi dan kontrol pada variabel *self efficacy* ( $p\text{ value} = 0,000$ ), pengetahuan ( $p\text{ value} = 0,004$ ), sikap ( $p\text{ value} = 0,000$ ), tindakan menelan obat ( $p\text{ value} = 0,019$ ), aktifitas fisik ( $p\text{ value} = 0,000$ ) dan pencegahan penularan penyakit Tuberkulosis ( $p\text{ value} = 0,000$ ). Namun tidak terjadi perbedaan yang bermakna pada variabel pemenuhan nutrisi ( $p\text{ value} = 0,832$ ). **Kesimpulan:** Intervensi *self management education* berbasis *health promotion model* berpengaruh terhadap pemberdayaan klien Tuberkulosis.

Kata kunci : *Self management education*, Tuberkulosis, Pemberdayaan

**ABSTRACT**

**THE EFFECT OF SELF MANAGEMENT EDUCATION BASED ON HEALTH  
PROMOTION MODEL ON EMPOWERMENT OF TUBERCULOSIS  
CLIENTS**

By : Muhammad Afif Hilmi Masyfahani

Introduction: Empowerment of TB clients in managing their illnesses is still low. Handling of Tuberculosis clients in addition to its emphasis on treatment, is now focused on empowering clients to be actively involved in treating their illnesses. Objective: To analyze the effect of self management education on empowering tuberculosis clients. Method: This type of research is Quasy Experimental Research. The Quasy Experimental Design used in this study is the pretest posttest non equivalent control group design. The study was conducted on 70 TB clients in the Bangil District Hospital with a purposive sampling technique. This research was conducted by providing a health promotion model-based self management education intervention in the treatment group for one month. The statistical tests used were paired t test, independent t test and multivariate test. Results: There were significant differences between the intervention and control groups on the self efficacy variable (p value = 0,000), knowledge (p value = 0.004), attitude (p value = 0,000), drug swallowing action (p value = 0.019), physical activity (p value = 0,000) and prevention of Tuberculosis transmission (p value = 0,000). But there was no significant difference in the nutrition fulfillment variable (p value = 0.832). Conclusion: Health promotion model-based self management education intervention influences Tuberculosis client empowerment.

Keywords: Self management education, Tuberculosis, Empowerment