

Efektifitas edukasi terstruktur berbasis teori perilaku terencana terhadap pemberdayaan dan kualitas hidup pasien penyakit Jantung Koroner di Rumah Sakit Pondok Indah Jakarta

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Abstrak

Intervensi keperawatan berupa edukasi terstruktur berbasis teori perilaku terencana (planned behavior) diharapkan dapat meningkatkan pemberdayaan dan kualitas hidup pasien paska serangan penyakit jantung koroner. Penerapan teori meliputi prinsip behavioral beliefs, normative beliefs, control beliefs. Tujuan penelitian ini adalah untuk mengetahui pengaruh edukasi terstruktur terhadap pemberdayaan dan kualitas hidup pasien dengan penyakit jantung koroner. Penelitian ini adalah penelitian kuantitatif dengan desain quasi eksperimen dengan rancangan pre-test and post-test with control group design. Jumlah sampel 24 orang terbagi atas 12 orang pada kelompok kontrol dan 12 orang pada kelompok intervensi.

Hasil penelitian didapatkan adanya pengaruh yang bermakna edukasi terstruktur terhadap pemberdayaan ($p=0.00$) dan kualitas hidup pasien penyakit jantung koroner ($p=0.001$). Berdasarkan penelitian ini, edukasi terstruktur berbasis teori perilaku terencana dapat dilakukan sebagai intervensi keperawatan secara optimal sehingga pasien paska serangan penyakit jantung koroner tetap dapat hidup sehat, berdaya guna serta memiliki kualitas hidup yang baik.

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Nursing intervention in the form of structured education based on planned behavior theory (PBT) is expected to increase empowerment and quality of life of patient post coronary heart disease. The application of planned behavior theory involved the strengthening of three principles, including behavioral beliefs, normative beliefs and control beliefs. The purpose of this study was to identify the effects of structured education on empowerment and quality of life the patients with coronary heart disease. This study was a quantitative research with a quasi-experimental design conducted by using a pre-test and post-test with control group design. The number of samples was 24 people divided into 2 groups: 12 people in the control group and 12 people in the intervention group.

The result showed that there is a significant influence of structured preoperative education, on both empowerment ($p=0.001$) and the quality of life ($p=0.001$). Based on this findings, the structured education should be provided by nurses optimally as a part of nursing interventions so after coronary heart disease the patient could achieve a healthy life, empowered, and eventually could maintain a good quality of life.