

# Pengaruh intervensi keperawatan COSEHI (coaching dan self-hypnosis) terhadap pengendalian kadar gula darah dan status kesehatan diabetesi lansia di Kota Depok = Impact of COSEHI (coaching and self-hypnosis) intervention to glicemic control and health status elderly with diabetes melitus in Depok

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## Abstrak

### <b>ABSTRAK</b><br>

Permasalahan lansia DM bersifat kompleks dan berbagai intervensi berupa edukasi telah dilakukan dalam pengendalian kadar gula darah namun hasilnya belum optimal. Berdasarkan hal tersebut, peneliti ingin mengetahui pengaruh intervensi keperawatan COSEHI (coaching dan self-hypnosis) terhadap pengendalian kadar gula darah dan status kesehatan diabetesi lansia di Kota Depok. Desain penelitian quasi eksperimen menggunakan kelompok perlakuan dan kontrol. Pengambilan sampel dengan multistage random sampling tetapi kelompok intervensi dipilih sesuai tujuan, dengan 76 responden di Kecamatan Cilodong Kota Depok. Independent t-test dan general linier model digunakan. Hasil diperoleh ada perbedaan yang bermakna kadar gula darah dan status kesehatan sesudah diberikan intervensi COSEHI antara kelompok perlakuan dan kontrol. Intervensi COSEHI berpengaruh terhadap kadar gula darah dan status kesehatan diabetesi lansia. Disimpulkan bahwa intervensi COSEHI menurunkan kadar gula darah dan meningkatkan status kesehatan serta memberi peluang perawat mengembangkan upaya promotif maupun preventif. Direkomendasikan perlunya kebijakan yang mengintegrasikan intervensi COSEHI dalam program pencegahan PTM atau posbindu PTM.

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### <b>ABSTRACT</b><br>

Diabetic elderly health problem is complexity and many glicemic control interventions have been done but the results didn't optimalize. Therefore, the researcher want to know impact of COSEHI (coaching and self-hypnosis) intervention to glicemic control and health status elderly in Depok. This study used quasi experiment design with intervention dan control group. The method of sampling used multistage random sampling and sampel is choiced based research goal, which amounts to 76. Independent t test and general linear model are used. The results of the study show that there are significant difference of glicemic control and health status after COSEHI intervention in intervention and control group. COSEHI intervention impacts of glicemic control and health status. Moreover, it is provide nurse oportunities to promote promotive and preventive effort that integrated COSEHI intervention in non communicable disease prevention program or posbindu.