

Pengaruh Intervensi Terapi Spiritual Emotional Freedom Technique (SEFT) Terhadap Kepatuhan Minum Obat dan Self Acceptance HIV Pada Pasien TB HIV = The Effect of Spiritual Emotional Freedom Technique (SEFT) Therapy Intervention on Adherence to Medication and HIV Self-Acceptance in HIV TB Patients

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Abstrak

Kepatuhan minum obat disertai keadegan penerimaan diri status HIV menjadi tantangan pasien TB HIV. Kepatuhan minum obat memiliki hubungan positif dengan tingkat penerimaan diri self-acceptance self-acceptance. Terapi SEFT (Spiritual Emotional Freedom Technique) merupakan intervensi non farmakologis sebagai salah satu terapi komplementer berpotensi meningkatkan kepatuhan minum obat dan self-acceptance HIV. Tujuan penelitian untuk mengidentifikasi pengaruh terapi SEFT terhadap kepatuhan minum obat dan self acceptance HIV. Desain penelitian quasi eksperiment, metode pre test-post test dengan purposive sampling sebesar 34 responden, dibagi 2 kelompok, tiap kelompok berjumlah 17. Kelompok 1 mendapatkan terapi SEFT, dan kelompok 2 perawatan standar edukasi. Hasil uji paired t test, terdapat peningkatan kepatuhan minum obat dan self acceptance HIV sesudah diberikan terapi SEFT pada kelompok 1 (p value=0,0001). Pada uji independent t test terdapat peningkatan signifikan kepatuhan minum obat dan self acceptance HIV sesudah diberikan terapi SEFT pada kelompok 1 dibandingkan kelompok 2 (p value=0,0001). Variabel confounding paling berpengaruh adalah pendapatan. Hasil analisis regresi linier berganda menunjukkan seluruh variabel confounding, yaitu pendidikan, pekerjaan, pendapatan dan efek samping menjelaskan self acceptance HIV setelah terapi SEFT sebesar 54%, kepatuhan minum obat sebesar 50,5%. Terapi SEFT berpengaruh terhadap peningkatan kepatuhan minum obat dan self acceptance HIV, dapat direkomendasikan sebagai salah satu tata laksana TB HIV.

.....Medication adherence along with self-acceptance of HIV status is a challenge for HIV TB patients. Adherence to taking medication has a positive relationship with the level of self-acceptance. SEFT (Spiritual Emotional Freedom Technique) therapy is a non-pharmacological intervention as one of the complementary therapies that has the potential to improve adherence to taking medication and HIV self-acceptance. The purpose of the study was to identify the effect of SEFT therapy on medication adherence and HIV self-acceptance. Quasi-experiment research design, pre-test-post test method with purposive sampling of 34 respondents, divided into 2 groups, each group numbered 17. Group 1 received SEFT therapy, and group 2 standard educational treatment. The results of the paired t test, there was an increase in drug compliance and HIV self-acceptance after being given SEFT therapy in group 1 (p value = 0.0001). In the independent t test, there was a significant increase in medication adherence and HIV self-acceptance after SEFT therapy in group 1 compared to group 2 (p value=0.0001). The most influential confounding variable was income. The results of multiple linear regression analysis showed that all confounding variables, namely education, occupation, income and side effects explained HIV self acceptance after SEFT therapy by 54%, drug compliance by 50.5%. SEFT therapy has an effect on increasing adherence to taking medication and HIV self acceptance, can be recommended as one of the management of HIV TB.