

Pengembangan model asuhan keperawatan berbasis teori human becoming dan self-care deficit theory of nursing dan pengaruhnya terhadap penurunan insomnia dan peningkatan kualitas hidup pasien inkontinensia urin pasca stroke = Development of nursing care model based on human becoming theory and self-care deficit theory of nursing and its effect on decreasing insomnia and improving quality of life in post-stroke urinary incontinence patients

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Abstrak

Inkontinensia urin (IU) pasca stroke merupakan salah satu gejala sisa stroke yang mempengaruhi seluruh kehidupan pasien baik fisik, psikologis, sosial, dan spiritual pasien. Penelitian ini bertujuan mengembangkan model asuhan keperawatan berbasis teori human becoming dan self-care deficit theory of nursing dan teridentifikasi pengaruhnya terhadap penurunan insomnia dan peningkatan kualitas hidup pasien IU pasca stroke. Penelitian ini terbagi atas dua tahap yaitu penelitian kualitatif (studi kasus) yang melibatkan 18 informan, kemudian dilanjutkan dengan penyusunan model dan penelitian kuantitatif (non-equivalent control group pretest-posttest design) yang melibatkan 56 responden secara consecutive sampling, yang dibagi dalam kelompok intervensi dan kelompok kontrol dengan lama intervensi 8 minggu. Penelitian tahap ini dilakukan di empat rumah sakit di Kota Kendari kemudian dilanjutkan di rumah pasien. Hasil penelitian tahap satu didapatkan lima tema dari hasil wawancara mendalam sehingga dihasilkan model pengelolaan IU pasca stroke beserta buku panduan intervensi model, modul untuk pasien dan perawat. Hasil penelitian tahap dua membuktikan bahwa model ini berpengaruh dalam menurunkan insomnia dan meningkatkan kualitas hidup dengan $p \text{ value} < 0,05$. Kesimpulan hasil penelitian yaitu model asuhan keperawatan berbasis teori human becoming dan self-care deficit theory of nursing berpengaruh dalam menurunkan insomnia dan meningkatkan kualitas hidup pasien

.....Post-stroke urinary incontinence (UI) is one of the sequelae of stroke that affects the patient's entire life (physically, psychologically, socially, and spiritually). This study aims to develop a nursing care model based on the theory of human becoming and self-care deficit theory of nursing and identify its effect on decreasing insomnia and improving quality of life. This research was divided into two stages, namely qualitative research (case study) involving 18 informants, then continued with model development and quantitative research (non-equivalent control group pretest-posttest design) involving 56 respondents by consecutive sampling. Respondents were divided into the intervention group and the control group with an intervention duration of 8 weeks. This research was conducted in four hospitals in Kota Kendari and then continued at the patient's home. The results of the first phase of the study obtained five themes from the results of in-depth interviews so that a post-stroke UI management model was produced along with a model intervention guide, modules for patients and nurses. The results of the second stage of the study proved that the post-stroke UI management model had an effect on reducing insomnia and improving quality of life with $p \text{ value} < 0.05$. The conclusion of the research is that nursing care model based on the theory of human becoming and self-care deficit theory of nursing has an effect on reducing insomnia and improving the patient's quality of life