

Abstrak

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Pengaruh *Self Efficacy Training* Terhadap Peningkatan *Self Efficacy* dan Kepatuhan Minum Obat Pasien Hipertensi Di Klinik dr. M Suherman

Xvii + 91 hal + 11 tabel + 16 Lampiran

Abstrak

Penyakit hipertensi terus mengalami peningkatan komplikasi setiap tahunnya. Hal ini disebabkan karena masih banyaknya pasien hipertensi yang kurang patuh terhadap pengobatan serta banyak pasien dengan hipertensi yang mengalami penurunan *self efficacy*. *Self efficacy training* dibutuhkan bagi penderita hipertensi sebagai bentuk dalam meningkatkan derajat kesehatan melalui keyakinan diri seseorang dalam menjalankan pengobatan hipertensi sehingga dapat menurunkan terjadinya komplikasi. Tujuan penelitian ini untuk menilai pengaruh *self efficacy training* terhadap peningkatan *self efficacy* dan kepatuhan minum obat pasien hipertensi. Penelitian ini menggunakan desain *pra ekperimental* dengan rancangan *one group pra-post test design*. Populasi pada penelitian ini meliputi pasien hipertensi di Klinik dr. M. Suherman dengan sampel 63 orang. Teknik pengambilan sampel menggunakan *purposive sampling*. Hasil penelitian dari 30 responden sebelum diberikan intervensi tingkat *self efficacy* rendah (65,1%), *self efficacy* tinggi (34,9%), kepatuhan minum obat rendah 93,7%, kepatuhan minum obat sedang (6,3%). Setelah diberikan intervensi tingkat *self efficacy* rendah (15,9%), *self efficacy* rendah (84,1%), kepatuhan minum obat rendah 28,6%, kepatuhan minum obat sedang 60,3% dan kepatuhan minum obat tinggi 11,1%. Hasil penelitian dari Uji *Wilcoxon Sign Rank Test* menunjukkan ada pengaruh *self efficacy training* terhadap peningkatan *self efficacy* (p value 0,001) dan ada pengaruh *self efficacy training* terhadap peningkatan kepatuhan minum obat pasien hipertensi (p value (0,001). Berdasarkan rekomendasi dari hasil penelitian ini diharapkan untuk pelayanan kesehatan dapat menerapkan *self efficacy training* sebagai salah satu program untuk meningkatkan *self efficacy* dan kepatuhan minum obat pada pasien hipertensi.

Kata Kunci: *Self efficacy training*, *Self efficacy*, Kepatuhan minum obat

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Abstract

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Self Efficacy Training Effect for Medication Adherence and Self Efficacy in Patients with Hypertension at dr. M Suherman Health

Xvii + 91 pages + 11 tables + 16 Appendix

Abstract

Hypertension disease continues to increase in complications every year. This is because there are still many hypertensive patients who are less compliant with treatment. Self-efficacy training is needed for patients with hypertension as a form of improving health status through one's self-confidence in carrying out hypertension treatment so that it can reduce the occurrence of complications. The purpose of this study was to assess the effect of self-efficacy training on increasing self-efficacy and adherence to medication in hypertension patients. This study used a pre-experimental design with a one group pre-post test design. The population in this study included hypertension patients at the dr. M. Suherman with a sample of 63 people. The sampling technique used was purposive sampling. The results of the study from 30 respondents before being given the intervention had low self-efficacy levels (65.1%), self-efficacy (34.9%), low medication adherence 93.7%, moderate medication adherence (6.3%). After being given the intervention, the level of self-efficacy low (15.9%), self-efficacy (84.1%), low medication adherence 28.6%, moderate medication adherence 60.3% and high medication adherence 11.1%. The results of the Wilcoxon Sign Rank Test showed that there was an effect of self-efficacy training on increasing self-efficacy (p value 0.001) and there was an effect of self-efficacy training on increasing drug adherence in hypertension patients (p-value (0.001). Based on the recommendations from the results of this study, it is expected that can be applied self-efficacy training as a program to increase self-efficacy and adherence to medication in hypertensive patients.

Keywords : Self-efficacy training, Self-efficacy, Medication Adherence
Bibliography 30 (2012-2021)