

ABSTRAK

PENGARUH *HEALTH EDUCATION* BERBASIS *TELENURSING* TERHADAP *SELF EFFICACY* PADA PASIEN DIABETES MELITUS DI WILAYAH KERJA PUSKESMAS PADEMAWU

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Telenursing didefinisikan sebagai praktik keperawatan jarak jauh menggunakan teknologi telekomunikasi. Timbulnya komplikasi dan berujung kematian pada pasien diabetes melitus ini dikarenakan rendahnya *self efficacy* dan perilaku perawatan diri pasien diabetes melitus itu sendiri. *Self efficacy* didefinisikan sebagai kepercayaan pasien dalam menjaga dan meningkatkan kondisi medisnya. Penelitian ini bertujuan untuk mengetahui Pengaruh *Health Education* Berbasis *Telenursing* terhadap *Self Efficacy* pada Pasien Diabetes Melitus di Wilayah Kerja Puskesmas Pademawu. Penelitian ini menggunakan desain penelitian pra eksperimental *One group pretest-posttest design*. Populasi sebanyak 127 orang, diambil dengan menggunakan Teknik *simple random sampling*. Variabel independent dalam penelitian ini yaitu *health education* berbasis *telenursing*, sedangkan variabel dependen yaitu *self efficacy*. Analisa data yang digunakan yaitu dengan menyebarkan kuesioner kepada responden secara deskriptif sebanyak 15 pertanyaan. Hasil uji statistic *self efficacy* sebelum diberikan *health education* dan sesudah diberikan *health education* menggunakan uji Paired Sample T-Test menunjukkan angka yang signifikan antara nilai pre-test dengan post test dengan nilai siginifikansi (2-tailed) $p = 0.000 < 0,05$. Berdasarkan hasil penelitian yang dilakukan di puskesmas pademawu didapatkan bahwa terdapat pengaruh *health education* berbasis *telenursing* terhadap *self efficacy* pada pasien diabetes melitus, sehingga penelitian tersebut perlu dikembangkan dalam dunia keperawatan untuk mengurangi komplikasi dan kematian pada pasien diabetes melitus serta efektif dalam meningkatkan *self efficacy* pada pasien diabetes melitus.

Kata kunci: *Health education, Telenursing, Self efficacy*

ABSTRACT

THE EFFECT OF TELENURSING-BASED HEALTH EDUCATION ON SELF-EFFICACY IN DIABETES MELLITUS PATIENTS IN THE PADEMAWU HEALTH CENTER

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Telenursing is defined as remote nursing practice using telecommunications technology. The emergence of complications and death in diabetes mellitus patients is due to the low self-efficacy and self-care behavior of diabetes mellitus patients themselves. Self-efficacy is defined as a patient's confidence in maintaining and improving their medical condition. This study aims to determine the effect of Telenursing-Based Health Education on Self-Efficacy in Diabetes Mellitus Patients in the Pademawu Health Center Working Area. This research used a pre-experimental research design. One group pretest-posttest design. The population was 127 people, taken using a simple random sampling technique. The independent variable in this research was telenursing-based health education, while the dependent variable was self-efficacy. The data analysis was done by distributing descriptive questionnaires with 15 questions to respondents. The results of the self-efficacy statistical test before being given health education and after being given health education using the Paired Sample T-test showed a significant number between the pre-test and post-test scores with a significance value (2-tailed) $p = 0.000 < 0.05$. Based on the results of research conducted at the Pademawu Community Health Center, it was found that there was an influence of telenursing-based health education on self-efficacy in diabetes mellitus patients, so this research needs to be developed in the world of nursing to reduce complications and deaths in diabetes mellitus patients and be effective in increasing self-efficacy in patients.

Keywords: *Health education, Telenursing, Self-efficacy*