

## ABSTRAK

### STRES DAN *SELF EFFICACY* PENDERITA TUBERKULOSIS DALAM MENGHADAPI STIGMA MASYARAKAT DI WILAYAH KERJA PUSKESMAS GULUK-GULUK

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**Pendahuluan:** Penyakit Tuberkulosis sangat melekat dengan yang Namanya stigma. Stigma yang dialami penderita menyebabkan penderita mengalami stress dan bisa mempengaruhi *self efficacy* pasien. Penelitian ini bertujuan untuk menjelaskan stress dan *self efficacy* penderita tuberkulosis dalam menghadapi stigma masyarakat di Wilayah Kerja Puskesmas Guluk-Guluk. **Metode:** Desain yang digunakan yaitu menggunakan penelitian kualitatif dengan pendekatan fenomenologi. Jenis sampling yang digunakan yaitu *purposive sampling* yang dilaksanakan di Wilayah Kerja Puskesmas Guluk-Guluk pada bulan Januari 2024 sebanyak 8 partisipan. **Hasil penelitian:** menjawab tentang stress dan *self efficacy* penderita Tuberkulosis dalam menghadapi stigma masyarakat di Wilayah Kerja Puskesmas Guluk-Guluk yang terdiri dari 7 tema yaitu stress model stimulus terdiri dari 3 subtema diantaranya *life events, chronic strain, dan daily hassles*, stress model respon terdiri dari 2 subtema yaitu *alarm* dan *resistance*, stress model transaksional terdiri dari 2 subtema yaitu *appraisal* dan *coping*, pengalaman keberhasilan dengan subtema kekuatan, pengalaman orang lain dengan subtema kemampuan diri, persuasi sosial dengan subtema motivasi, dan keadaan fisik dan emosi dengan subtema pola pikir. **Pembahasan:** pembuktian ilmiah dalam pemecahan masalah stress yang dialami penderita Tuberkulosis tidak hanya disebabkan oleh stigma melainkan karena beberapa hal lain yaitu lamanya pengobatan dan banyaknya tanggungan si penderita. Bahkan hal tersebut mempengaruhi keyakinan atau *self efficacy* penderita Tuberkulosis. **Kesimpulan :** ada 7 tema yaitu stress model stimulus, stress model respon, stress model transaksional, pengalaman keberhasilan, pengalaman orang lain, persuasi sosial, dan keadaan fisik dan emosi.

**Kata kunci :** stress, *self efficacy*, stigma, Tuberculosis

## **ABSTRACT**

### **STRESS AND SELF-EFFICACY OF TUBERCULOSIS PATIENTS IN FACING THE STIGMA OF THE COMMUNITY IN THE GULUK-GULUK HEALTH CENTER**

**By: Jami'atul Kholifah**

**Introduction:** Tuberculosis is very attached to the stigma. The stigma experienced by patients causes patients to experience stress and can affect the patient's self-efficacy. This study aims to explain the stress and self-efficacy of patients with tuberculosis in facing community stigma in the Guluk-Guluk Health Center. **Method:** The design was qualitative research with a phenomenological approach. The sampling type was purposive, which was carried out in the Guluk-Guluk Health Center in January 2024 with as many as 8 participants. **The results of the study:** This research answered the stress and self-efficacy of Tuberculosis patients in facing community stigma in the Guluk-Guluk Health Center, which consists of 7 themes, namely stress. The stimulus model consists of 3 subthemes: life events, chronic strain, and daily hassles. The stress response model consists of 2 subthemes, namely alarm and resistance. Transactional model stress consists of 2 subthemes: appraisal and coping, success experience with the strength subtheme, other people's experience with the self-ability subtheme, social persuasion with motivation subtheme, and physical and emotional state with the mindset subtheme. **Discussion:** scientific evidence in solving the stress problem experienced by Tuberculosis patients is not only caused by stigma but also by several other things, such as the length of treatment and the number of dependents of the sufferer. It affects the confidence or self-efficacy of people with tuberculosis. **Conclusion:** there are seven themes, namely stimulus model stress, response model stress, transactional model stress, success experience, other people's experience, social persuasion, and physical and emotional state.

**Keywords:** stress, self-efficacy, stigma, Tuberculosis