

ABSTRAK

**PENGARUH EDUKASI *SELF CARE* MELALUI *TELENURSING*
TERHADAP FREKUENSI KEKAMBUIHAN PADA PASIEN PPOK DI
RSUD. DR. H. MOH. ANWAR. SUMENEP**

Oleh : Denis Saidah

Penyakit paru obstruktif kronis termasuk penyakit yang menjadi masalah kesehatan di Indonesia dan menjadi penyebab tinggi angka kematian. Kekambuhan menjadi masalah yang sering terjadi. Kekambuhan disebabkan kurangnya pengetahuan sehingga pasien tidak bisa menerapkan perawatan diri. Maka, perlu diberikan edukasi self care melalui telenursing. Tujuan penelitian ini yaitu untuk mengetahui Pengaruh Edukasi Self Care melalui Telenursing terhadap Frekuensi Kekambuhan pada Pasien PPOK di RSUD Dr. H. Moh. Anwar Sumenep. Penelitian ini menggunakan metode kuantitatif dengan desain Pra-Eksperimental (Pre Test-Post Test). Populasi penelitian adalah seluruh pasien PPOK yang sering mengalami kekambuhan di RSUD Dr. H. Moh. Anwar Sumenep sebanyak 182 pasien dan sampel penelitian yaitu sebagian responden yang sering mengalami kekambuhan di RSUD Dr. H. Moh. Anwar Sumenep sebanyak 64 responden. Teknik sampling penelitian ini adalah Simple Random Sampling. Variabel independent yaitu edukasi self care melalui telenursing dan variabel dependent yaitu frekuensi kekambuhan. Analisis penelitian ini yaitu menggunakan uji Paired t-Test. Pengumpulan data menggunakan kuesioner clinical COPD. Hasil penelitian didapatkan frekuensi kekambuhan sebelum diberikan edukasi self care melalui telenursing sebagian besar responden berkategori berat yaitu 45 responden (70,3%) dan frekuensi kekambuhan setelah diberikan edukasi self care melalui telenursing sebagian besar responden berkategori sedang yaitu 46 responden (71,9%). Hasil analisis data didapatkan p value 0.000 ($p < 0,05$) sehingga ada pengaruh edukasi self care melalui telenursing terhadap frekuensi kekambuhan pada pasien PPOK di RSUD Dr. H. Moh. Anwar Sumenep. Dengan dilakukan edukasi self care melalui telenursing dapat mengurangi frekuensi kekambuhan pada pasien PPOK di RSUD Dr. H. Moh. Anwar Sumenep.

Kata kunci : Edukasi *Self Care*, *Telenursing*, Frekuensi Kekambuhan, PPOK

ABSTRACT

***THE EFFECT OF SELF-CARE EDUCATION THROUGH TELENURSING
ON THE FREQUENCY OF RECURRENCE IN CPD PATIENTS AT RSUD.
DR. H. MOH. ANWAR. SUMENEP***

By: Denis Saidah

Chronic obstructive pulmonary disease is a disease that is a health problem in Indonesia and is the cause of high mortality rates. Relapse is a frequent problem. A lack of knowledge causes relapse, so patients cannot apply self-care. Therefore, it is necessary to provide self-care education through telenursing. This study aims to determine the Effect of Self-Care Education through Telenursing on the Frequency of Relapse in COPD Patients at Dr. H. Moh Hospital. Anwar Sumenep. This study used a quantitative method with a Pre-Experimental design (Pre Test-Post Test). The study population was all COPD patients who often experience recurrence at Dr. H. Moh Hospital. Anwar Sumenep had as many as 182 patients, and the research sample included some respondents who often experienced relapses at Dr. H. Moh Hospital. Anwar Sumenep had as many as 64 respondents. The sampling technique was simple random sampling. The independent variable was self-care education through telenursing, and the dependent variable was the frequency of recurrence. This research analysis was the Paired t-test. Data collection used a COPD clinical questionnaire. The results showed that the frequency of recurrence before being given self-care education through telenursing almost of the respondents were in the heavy as many as 45 respondents (70,3%), and the frequency of recurrence after being given self-care education through telenursing most of the respondents were in the heavy as many as 46 respondents (71,9%). The results obtained a p-value of 0.000 ($p < 0.05$), so there was an effect of self-care education through telenursing on the frequency of recurrence in COPD patients at Dr. H. Moh Hospital. Anwar Sumenep. Self-care education through telenursing can reduce the frequency of recurrence in COPD patients at Dr. H. Moh Hospital. Anwar Sumenep.

Keywords: Self Care Education, Telenursing, Frequency of Recurrence, COPD