

ABSTRAK

**HUBUNGAN *SELF EFFICACY* DENGAN *SELF CARE MANAGEMENT*
PADA PASIEN PENYAKIT PARU OBSTRUKTIF KRONIS (PPOK) DI
RSUD Dr. H. MOH ANWAR SUMENEP**

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Latar Belakang: Penyakit paru obstruktif kronis (PPOK) merupakan penyakit kronis yang ditandai dengan hambatan aliran udara di saluran nafas yang tidak sepenuhnya reversible. Hambatan aliran udara ini bersifat progresif dan berhubungan dengan respons inflamasi paru terhadap partikel atau gas yang beracun atau berbahaya. **Tujuan penelitian:** adalah untuk mengetahui hubungan *self efficacy* dengan *self care management* pada pasien penyakit paru obstruktif kronis (PPOK) di RSUD. Dr. H. Moh Anwar Sumenep. **Metode:** Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *crosssectional*. Populasi dalam penelitian ini yaitu semua pasien penyakit paru obstruktif kronis (PPOK) di RSUD. Dr. H. Moh Anwar sebanyak 233 orang. Teknik sampel menggunakan *simple random sampling*, sehingga diperoleh sampel sebanyak 69 responden. Analisa data menggunakan uji *Rank Spearman* dengan α 0,05. Hasil penelitian didapatkan tingkat *self efficacy* tinggi sebesar 53 responden (76,8%), dan tingkat *self care management* cukup sebesar 36 responden (52,2%). **Hasil:** Hasil uji statistik menggunakan uji *spearman rank* menunjukkan *p value* sebesar 0,000 ($<0,05$) yang mempunyai makna terdapat hubungan yang signifikan antara *self efficacy* dengan *self care management* pada pasien PPOK di RSUD. Dr. H. Moh Anwar Sumenep, yang memiliki arah korelasi positif, yang berarti apabila nilai *self efficacy* tinggi, maka akan diikuti dengan meningkatnya nilai *self care management*. **Saran:** Diharapkan tenaga kesehatan dapat meningkatkan *self efficacy* dengan cara memberikan motivasi pada pasien PPOK agar selalu konsisten dalam melaksanakan *self care management*, supaya pengendalian komplikasi penderita PPOK dapat dicegah.

Kata kunci : PPOK, *Self Efficacy*, *Self Care Management*

ABSTRACT

**THE RELATIONSHIP BETWEEN SELF EFFICACY AND SELF CARE
MANAGEMENT IN PATIENTS WITH CHRONIC OBSTRUCTIVE
PULMONARY DISEASE (CPD) AT DR. H. MOH ANWAR SUMENEP
HOSPITAL**

By: Mufidatul Kamiliyah

Background: Chronic obstructive pulmonary disease (COPD) is a chronic disease characterized by irreversible airflow obstruction in the airways. This obstruction of airflow is progressive and is associated with an inflammatory response of the lungs to toxic or harmful particles or gases. **The purpose of the study:** This research aims to determine the relationship between self-efficacy and self-care management in patients with chronic obstructive pulmonary disease (COPD) at the hospital. Dr. H. Moh Anwar Sumenep. **Methods:** This study was an analytical observational research with a cross-sectional approach. The population was all chronic obstructive pulmonary disease (COPD) patients at the hospital. Dr. H. Moh Anwar has as many as 233 people. The sampling technique used simple random sampling, so a sample of 69 respondents was obtained. Data analysis used the Spearman Rank test with α of 0.05. The results showed a high level of self-efficacy in 53 respondents (76.8%) and a sufficient level of self-care management in 36 respondents (52.2%). **Results:** The results showed a p-score of 0.000 (<0.05), which means a significant relationship exists between self-efficacy and self-care management in COPD patients at the hospital. Dr. H. Moh Anwar Sumenep has a positive correlation direction, which means that if the self-efficacy score is high, it will be followed by an increase in the value of self-care management. **Suggestions:** It is hoped that health workers can increase self-efficacy by motivating COPD patients to always be consistent in self-care management so that the control of complications of COPD sufferers can be prevented.

Keywords: COPD, Self-Efficacy, Self-Care Management