

ABSTRAK

***SELF EFFICACY* BERHUBUNGAN DENGAN *SELF CARE* PENDERITA DALAM PENCEGAHAN PENULARAN PENYAKIT TUBERKULOSIS PARU PADA NARA KONTAK DI WILAYAH KERJA PUSKESMAS GAPURA**

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Tuberkulosis Paru merupakan penyakit menular yang disebabkan oleh bakteri *Mycobacterium Tuberculosis* yang dapat menyerang berbagai organ tubuh manusia terutama organ paru-paru. *Self-care* merupakan kemampuan seseorang untuk terus melakukan perawatan diri baik untuk diri sendiri maupun orang lain, yang dapat dipengaruhi oleh pertumbuhan dan perkembangan status kesehatan, tingkat pendidikan dan budaya. Penelitian ini bertujuan untuk mengetahui hubungan *self efficacy* dengan *self care* penderita dalam pencegahan penularan penyakit tuberkulosis paru pada nara kontak di wilayah kerja Puskesmas Gapura.

Jenis penelitian ini adalah kuantitatif dengan desain observasional analitik dengan pendekatan *cross sectional*. Populasi 79 responden yang menderita tuberkulosis Paru dan sampel 48 responden menggunakan tehnik simpel random sampling. Pengumpulan data menggunakan kuesioner. Uji analisis menggunakan uji *Rank Spearmen*.

Hasil penelitian ini menunjukkan bahwa sebagian besar tingkat *self efficacy* responden sedang sebanyak 23 responden (47,9 %), dan sebagian besar *self-care* penderita dalam pencegahan penularan penyakit tuberkulosis paru pada kategori cukup baik yaitu sebanyak 24 responden (50 %). Analisis data didapatkan nilai *p self-efficacy* (0,000) jauh lebih rendah signifikan ($p < \alpha$) dengan $\alpha = 0,05$, sehingga ada hubungan *self-efficacy* dengan *self-care* penderita dalam pencegahan penularan penyakit tuberkulosis paru pada nara kontak di wilayah kerja Puskesmas Gapura.

Melihat hasil penelitian ini disarankan bagi penderita Tuberkulosis Paru untuk lebih memperhatikan kesehatannya dan melakukan perawatan diri dengan baik untuk mencegah penularan penyakit tuberkulosis Paru.

Kata kunci : *Self-efficacy*, *Self-care*, Pencegahan Penularan Tuberkulosis Paru

ABSTRACT

SELF-EFFICACY IS RELATED TO PATIENT SELF-CARE IN PREVENTING THE TRANSMISSION OF PULMONARY TUBERCULOSIS DISEASE IN CONTACTS IN THE GAPURA HEALTH CENTER

By : Dilla Safira

Pulmonary tuberculosis is an infectious disease caused by the bacterium Mycobacterium Tuberculosis, which can attack various organs of the human body, especially the lungs. Self-care is a person's ability to continue to take care of themselves both for themselves and others, which can be influenced by the growth and development of health status, education level, and culture. This study aims to determine the relationship between self-efficacy and self-care of patients in the prevention of transmission of pulmonary tuberculosis disease in contacts in the working area of the Gapura Health Center.

This research was quantitative, with an observational analytical design and a cross-sectional approach. The population of 79 respondents suffering from pulmonary tuberculosis and a sample of 48 respondents used a simple random sampling technique. Data collection used questionnaires. The analysis test used the Rank Spearman test.

The results showed that most of the respondents' self-efficacy level was moderate, as many as 23 respondents (47.9%), and most sufferers' self-care in preventing the transmission of pulmonary tuberculosis disease was quite good, 24 respondents (50%). Data analysis showed that the p-self-efficacy value (0.000) was significantly lower ($p < \alpha$) with $\alpha = 0.05$ so that there was a relationship between self-efficacy and self-care of patients in preventing the transmission of pulmonary tuberculosis disease in contacts in the working area of the Gapura Health Center.

Based on the result, it is recommended that patients with pulmonary tuberculosis pay more attention to their health and take good care of themselves to prevent the transmission of pulmonary tuberculosis.

Keywords : Self-efficacy, Self-care, Prevention of Pulmonary Tuberculosis Transmission