

ABSTRAK

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HUBUNGAN DUKUNGAN KELUARGA DENGAN *SELF MANAGEMENT* PASIEN TUBERKULOSIS PARU DI PUSKESMAS KANDEMAN BATANG
xv + 80 Hal + 10 Tabel + 3 Gambar

Latar

Belakang:

Tuberkulosis paru (TB) merupakan penyakit infeksi menular dengan angka kejadian tinggi di Indonesia. Jawa Tengah termasuk salah satu provinsi dengan kasus TB yang cukup besar setiap tahunnya. Keberhasilan pengobatan TB sangat dipengaruhi oleh kepatuhan pasien dalam menjalani terapi jangka panjang. Dukungan keluarga berperan penting dalam membantu pasien mempertahankan disiplin pengobatan, sementara kemampuan *Self Management* pasien menentukan sejauh mana mereka dapat mengelola penyakitnya. Tujuan Penelitian mengetahui hubungan dukungan keluarga dengan *Self management* pasien tuberkolosis paru di Puskesmas Kandeman

Metode:

Penelitian ini menggunakan desain kuantitatif dengan pendekatan analitik korelasional dan rancangan cross sectional. Populasi adalah pasien TB paru yang menjalani pengobatan di Puskesmas Kandeman Batang. Teknik pengambilan sampel menggunakan purposive sampling sesuai kriteria inklusi, dengan jumlah responden 45 orang. Instrumen penelitian menggunakan kuesioner dukungan keluarga (28 item, skala Likert) dan kuesioner *Self Management* pasien TB (20 item). Analisis data dilakukan secara univariat dan bivariat menggunakan uji Rank Spearman dengan tingkat signifikansi $p \leq 0,05$.

Hasil:

Hasil penelitian menunjukkan sebagian besar pasien TB memperoleh dukungan keluarga dalam kategori baik. Kemampuan *Self Management* pasien juga berada pada kategori cukup hingga baik. Uji Rank Spearman menunjukkan adanya hubungan yang signifikan antara dukungan keluarga dengan *Self Management* pasien TB paru ($p < 0,05$).

Kesimpulan:

Terdapat hubungan yang bermakna antara dukungan keluarga dengan kemampuan *Self Management* pasien TB paru di Puskesmas Kandeman Batang. Peningkatan dukungan keluarga sangat penting untuk mendorong kepatuhan pasien dalam menjalani terapi dan meningkatkan keberhasilan pengobatan TB.

Kata Kunci: dukungan keluarga, *Self Management*, tuberkulosis paru
Daftar Pustaka: 50 (2018–2024)

ABSTRACT

Muhammad Abidillah

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND SELF-MANAGEMENT OF PULMONARY TUBERCULOSIS PATIENTS AT KANDEMAN PRIMARY HEALTH CENTER, BATANG

xv + 80 Pages + 10 Tables + 3 Figures

Background:

Pulmonary tuberculosis (TB) is an infectious disease with a high prevalence in Indonesia. Central Java is among the provinces with a significant number of TB cases annually. Successful TB treatment is strongly influenced by patients' adherence to long-term therapy. Family support plays an important role in helping patients maintain treatment compliance, while self-management ability determines how well patients can manage their condition. The aim of this research is to determine the relationship between family support and self-management of pulmonary tuberculosis patients at the Kandeman Community Health Center.

Methods:

This study employed a quantitative design with a correlational analytic approach and cross-sectional method. The population consisted of pulmonary TB patients undergoing treatment at Kandeman Primary Health Center, Batang. Samples were obtained using purposive sampling based on inclusion criteria, with a total of 45 respondents. Data were collected using a family support questionnaire (28 items, Likert scale) and a self-management questionnaire (20 items). Data analysis was conducted using univariate and bivariate analysis with the Spearman Rank test at a significance level of $p \leq 0.05$.

Results:

The findings revealed that most TB patients received good family support. Patients' self-management abilities were also categorized as moderate to good. The Spearman Rank test showed a significant relationship between family support and self-management of pulmonary TB patients ($p < 0.05$).

Conclusion:

There is a significant relationship between family support and the self-management ability of pulmonary TB patients at Kandeman Primary Health Center, Batang. Strengthening family support is essential to improve patients' adherence to therapy and increase the success rate of TB treatment.

Keywords: family support, self-management, pulmonary tuberculosis

References: 50 (2018–2024)

