

## ABSTRAK

**Latar Belakang:** Pasien ACS berisiko mengalami rehospitalisasi. Ketidakpatuhan tindak lanjut medis, beraktivitas fisik berlebihan dan tidak mampu mengidentifikasi gejala kekambuhan menjadi penyebab rehospitalisasi.

**Tujuan:** Mengetahui pengaruh pendidikan kesehatan dengan video edukasi terhadap *self efficacy* dan pengaruh pendidikan kesehatan dengan video edukasi terhadap *self care* pada pasien *Acute Coronary Syndrom (ACS)* di RSUD dr Moewardi Surakarta.

**Metode:** Rancangan penelitian menggunakan *quasy experiment* melalui pendekatan *pretest-posttest with control group design*. Responden dalam penelitian ini yaitu 37 pasien ACS (kelompok intervensi) dan 37 pasien ACS (kelompok kontrol) di RSUD dr Moewardi Surakarta. Intervensi yang diberikan yaitu pemberian pendidikan kesehatan melalui video edukasi secara *face to face*. Sebelum intervensi dilakukan responden diberikan pre test, 1 minggu kemudian dilakukan *follow up* dan 2 minggu setelah intervensi diberikan *post test*. Pengumpulan data menggunakan kuesioner demografi, *Self Efficacy* PJK Manajemen dan SC-CHDI. Analisis data menggunakan uji *Independent t test*.

**Hasil:** Terdapat peningkatan sebelum dan sesudah pendidikan kesehatan pada kelompok intervensi dimana *self Efficacy* meningkat signifikan sebesar 4,78 ( $p<0,001$ ). Peningkatan juga terjadi pada nilai *self care* pada kelompok intervensi 4.73 ( $p<0,001$ ). Terdapat pengaruh signifikan pendidikan kesehatan dengan video edukasi terhadap *self efficacy* ( $p<0,000$ ) dan pengaruh signifikan pendidikan kesehatan dengan video edukasi terhadap *self care* pasien ACS ( $p<0,000$ ).

**Kesimpulan:** Pendidikan kesehatan dengan video edukasi merupakan salah satu intervensi yang efektif untuk meningkatkan *self efficacy* dan *self care* pasien ACS.

**Kata Kunci:** Pendidikan kesehatan; *self-efficacy*; *self-care*; *acute coronary syndrome*

## ABSTRACT

**Background:** ACS patients are at risk of rehospitalization. Non-compliance with medical follow-up, excessive physical activity and not being able to identify symptoms of recurrence are the causes of rehospitalization.

**Objective:** To determine the effect of health education with educational videos on *self efficacy* and the impact of health education with educational videos on *self care* in Acute Coronary Syndrome (ACS) patients at Dr. Moewardi Surakarta Hospital.

**Method:** The research design used a quasi-experiment using a pretest-posttest approach with a control group design. Respondents in this study were 37 ACS patients (intervention group) and 37 ACS patients (control group) at Dr. Moewardi Hospital, Surakarta. The intervention provided is providing health education through educational videos face to face. Before the intervention was carried out, respondents were given a pre-test. 1 week later a follow-up was carried out. 2 weeks after the intervention a post-test was given. Data were collected using demographic questionnaires, Self Efficacy of PJK Management, and SC-CHDI. Data analysis used the independent t-test

**Results:** There was an increase before and after health education in the intervention group where self-efficacy increased significantly by 4.78 ( $p < 0.001$ ). There was also an increase in the self-care value in the intervention group 4.73 ( $p < 0.001$ ). There was a significant effect of health education with educational videos on self-efficacy ( $p < 0.000$ ) and a substantial effect of health education with educational videos on self-care of ACS patients ( $p < 0.000$ ).

**Conclusion:** Health education with educational videos is an effective intervention to increase self-efficacy and self-care in ACS patients.

**Keywords:** *Health education; self-efficacy; self-care; acute coronary syndrome*