

INTISARI

Latar belakang : Kemoterapi merupakan pengobatan dengan efek samping yang mempengaruhi efikasi diri manajemen gejala pasien kanker yang dapat ditingkatkan melalui pemberian *pre-chemotherapy education*. *Pre-chemotherapy education* saat ini hanya diberikan dalam bentuk media cetak yang dapat menghambat pasien kanker dalam menerima informasi.

Tujuan Penelitian : Mengetahui pengaruh *pre-chemotherapy education* dengan audio visual terhadap peningkatan efikasi diri manajemen gejala pasien kanker yang akan dilakukan kemoterapi.

Metode : Penelitian ini merupakan penelitian *quasy experiment with pre-test and post-test with control group design*. Proses pengambilan sampel menggunakan teknik *consecutive sampling* sejumlah 80 responden yang dibagi ke dalam 2 kelompok selama bulan Januari – Maret 2019 di Instalasi Kanker terpadu Tulip RSUP Dr. Sardjito Yogyakarta. Instrumen yang digunakan adalah kuesioner efikasi diri untuk mengelola gejala terkait pengobatan kanker. Analisis yang digunakan adalah uji *Wilcoxon* dan *Mann Whitney*.

Hasil : Nilai rata – rata *pre test* dan *post test* efikasi diri manajemen gejala meningkat sebesar 1,77 pada kelompok intervensi ($p=0,000$) dan kelompok kontrol sebesar 0,64 ($p= 0,001$). Hasil skor besar efek adalah 0,4 (besar efek sedang) dengan presentase 66% kelompok kontrol memiliki nilai rata-rata efikasi diri manajemen gejala dibawah kelompok intervensi. Hasil uji beda diperoleh nilai $p = 0,005$ ($p<0,05$).

Kesimpulan : Pemberian *pre-chemotherapy education* metode audio visual dapat meningkatkan efikasi diri manajemen gejala pasien kanker.

Kata kunci : Kemoterapi, efikasi diri, *pre-chemotherapy education*, manajemen gejala, audio visual

**THE IMPACT OF PRE-CHEMOTHERAPY EDUCATION WITH AUDIO
VISUAL ON SELF-EFFICACY OF SYMPTOM MANAGEMENT TO
PATIENT WITH CANCER AT INTEGRATED CANCER
INSTALLATION OF TULIP RSUP DR. SARDJITO YOGYAKARTA**

Dzakiyatul Fahmi Mumtaz¹; Christantie Effendy²; Haryani^{3,*}

*Corresponding author. Email : haryani@ugm.ac.id

ABSTRACT

Background : Chemotherapy can cause various side effects that affect the self-efficacy of symptom management. Self-efficacy of symptom management can be improved by providing pre-chemotherapy education. Pre-chemotherapy education is currently only given by using print media. It can restrict transferring information to patients with cancer.

Objective : To identify the effect of pre-chemotherapy education with audio visual on self-efficacy of symptom management to patients with cancer who received chemotherapy.

Method : This study was quasy experiment with pre-test and post-test control group design. There were 80 respondents recruited with consecutive sampling between December 2018-March 2019 at cancer outpatients. The data were collected using self-efficacy symptom management questionnaire and analyzed by using Wilcoxon and Mann Whitney Test.

Results : The mean scores of pre-test and post-test self-efficacy of symptom management increased between intervention group was 1,77 ($p=0,000$) and control group was 0,64 ($p=0,001$). The comparative test between two groups showed $p=0,005$ ($p<0,05$). Effect size result was 0,4 (66%) mean pre-chemotherapy education have medium effect on self-efficact of symptom management.

Conclusion : Pre-chemotherapy education with audio visual can increase self-efficacy of symptom management to patients with cancer.

Keyword : Chemotherapy, self-efficacy, pre-chemotherapy education, symptom management, audio visual