

INTISARI

Latar belakang: Asma adalah penyakit inflamasi kronik saluran pernapasan yang menyebabkan gejala episodik berulang berupa mengi, sesak nafas, rasa berat di dada dan batuk yang sering timbul terutama pada malam atau menjelang pagi. Beberapa penelitian menunjukkan bahwa edukasi *self-management* asma mampu meningkatkan kontrol asma, namun penelitian tentang edukasi *self-management* asma melalui *WhatsApp* masih belum banyak dilakukan.

Tujuan: Untuk mengetahui pengaruh edukasi *self-management* asma melalui *WhatsApp* dalam mengontrol asma.

Metode: Penelitian ini menggunakan metode kuantitatif dengan desain penelitian *quasi eksperimental-nonequivalent control group design*. Penelitian ini dilakukan pada bulan September-November 2018 dengan responden berjumlah enam puluh enam pasien yang dibagi menjadi kelompok intervensi dan kelompok kontrol. Edukasi *self-management* asma melalui *WhatsApp* diberikan selama 28 hari pada kelompok intervensi dan tingkat kontrol asma diukur dengan menggunakan kuesioner *Asthma Control Test*. Pengaruh edukasi *self-management* asma melalui *WhatsApp* diukur menggunakan *Mann Whitney*.

Hasil: Karakteristik responden kedua kelompok homogen ($p > 0,05$). Tingkat kontrol asma pada kelompok intervensi pada saat *pre test* terdapat 4 responden masuk kedalam kategori asma terkontrol penuh dan meningkat menjadi 9 responden pada saat *post test*. Meningkatnya tingkat kontrol asma dipengaruhi oleh edukasi *self-management* asma melalui *WhatsApp* dengan nilai $p = 0,002$ dan tidak dipengaruhi oleh karakteristik demografi responden seperti jenis kelamin, usia, status merokok, tingkat pendidikan, status pekerjaan, indeks masa tubuh, pembiayaan, durasi asma dan sumber informasi.

Kesimpulan: Edukasi *self-management* asma melalui *WhatsApp* berpengaruh terhadap peningkatan kontrol asma.

Kata kunci: Asma, edukasi *self-management*, *WhatsApp*, tingkat kontrol asma.

ABSTRACT

Background: Asthma is one of the chronic respiratory diseases which cause episodic symptoms such as wheezing, feeling short of breath, chest tightness, difficult breathing, and frequently coughing at night. Some studies show that asthma self-management education is known to improve asthma control, however the study about asthma self-management by WhatsApp is rarely undertaken by researchers.

Purpose: This study aimed to seek the effect of asthma self-management education by WhatsApp towards the improvement of asthma control.

Method: This study utilized quantitative method by quasi experimental-nonequivalent control group design. This study was performed in September – November 2018 with 66 respondents which was divided into two groups, intervention and control groups. Asthma self-management education by WhatsApp was given to intervention group for 28 days. The level of asthma control was measured by asthma control test. The effect of asthma education was measured by Wilcoxon Signed rank test.

Result: Characteristic of respondents in both groups are homogeneous ($p > 0,05$). The level of asthma control in the intervention group at the time of the pre test there were 4 respondents of fully controlled asthma and increased to 9 respondents at the time of the post test. The improvement of asthma control was influenced by the asthma self-management education with the score $p = 0,000$ ($P < 0,05$) and it was not influenced by other factors, such as gender, age, smoking status, education level, employment status, body mass index, funding, asthma duration and information source.

Conclusion: The Asthma self-management education by WhatsApp can improve asthma control.

Key Words: Asthma, Asthma self-management education, WhatsApp, Asthma Control Level.