

ABSTRAK

Latar belakang: Kanker serviks merupakan penyakit dengan insidensi tinggi yang masih menjadi penyebab kematian nomor dua di dunia. Penatalaksanaan kanker serviks antara lain dengan kemoterapi. Kemoterapi menimbulkan efek samping baik secara fisik maupun psikologis. Untuk meminimalkan efek samping kemoterapi perlu adanya manajemen diri dengan tindakan pendidikan kesehatan bagi pasien sebagai upaya untuk meminimalkan kelemahan, komplikasi sebagai dampak buruk efek kemoterapi dan yang paling utama untuk meningkatkan kualitas hidup pasien.

Tujuan penelitian: Mengetahui pengaruh pemberian pendidikan kesehatan dengan media *booklet* berbasis NANDA-I, NOC dan NIC terhadap pengetahuan dan perilaku manajemen diri efek kemoterapi pada pasien kanker serviks.

Metode penelitian: Rancangan penelitian ini adalah *pre experimental design* dengan jenis *one group pretest-posttest without control group*. Sampel dalam penelitian ini berjumlah 34 pasien kanker serviks dengan kemoterapi yang dipilih dengan teknik *Consecutive sampling*. Intervensi yang diberikan berupa pendidikan kesehatan selama 2 sesi (ceramah dan demonstrasi Yoga). Instrumen penelitian menggunakan kuesioner pengetahuan dan perilaku manajemen diri efek kemoterapi dan telah diuji validitas dan reliabilitas. Pengumpulan data dilakukan mulai bulan April-Mei 2019. Data penelitian dianalisis menggunakan *wilcoxon signed rank* dengan tingkat signifikansi $p < 0,05$.

Hasil: Penelitian menunjukkan bahwa pengetahuan dan perilaku responden setelah diberikan pendidikan kesehatan berbasis NANDA-I, NOC dan NIC lebih tinggi dibandingkan sebelum diberikan pendidikan kesehatan (pengetahuan: *pre test*; median: 28,0; *post test*: median: 32,0; selisih: 3,0; $p = 0,000$. perilaku: *pre test*; median: 82,5; *post test*: median: 105,5; selisih: 23,0; $p = 0,000$.)

Kesimpulan: *Booklet* berbasis NANDA-I, NOC dan NIC menjadi alternatif perawat dalam memberikan pendidikan kesehatan tentang manajemen diri efek kemoterapi dalam upaya meningkatkan pengetahuan dan perilaku pasien.

Kata kunci: kanker serviks, kemoterapi, pendidikan kesehatan, pengetahuan, perilaku.

ABSTRACT

Background: Cervical cancer is a disease with a high incidence which is still the second leading cause of death in the world. Management of cervical cancer includes chemotherapy. Chemotherapy causes side effects both physically and psychologically. To minimize the side effects of chemotherapy, it is necessary to have self-management with health education measures for patients in an effort to minimize weaknesses, complications as a result of the effects of chemotherapy and most importantly to improve the quality of life of patients.

Objective: To identify the effect of providing health education with NANDA, NOC and NIC based booklet media on self-management knowledge and skills on the effects of chemotherapy on cervical cancer patients.

Research method: The design of this study was pre-experimental design with one group pretest-posttest without control group. The samples in this study were 34 cervical cancer patients with chemotherapy who were selected by Consecutive sampling technique. The intervention was given in the form of health education for 2 sessions (lectures and Yoga demonstrations). The research instrument used a questionnaire of knowledge and self-management skills on the effects of chemotherapy and tested the validity and reliability. Data collection was carried out from April to May 2019. The research data were analyzed using Wilcoxon signed rank with a significance level of $p < 0.05$.

Results: The study showed that the knowledge and behavior of respondents after being given NANDA, NOC and NIC-based health education were higher compared to before given health education (knowledge: *pre test*; median:28,0; *post test*: median: 32,0; difference: 3,0; $p=0,000$. behavior: *pre test*; median:82,5; *post test*: median: 105,5; difference: 23,0; with $p=0,000$.) ($p < 0.05$).

Conclusion: NANDA, NOC and NIC based booklets are alternative nurses in providing health education about self-management of the effects of chemotherapy in an effort to improve patient knowledge and skills

Keywords: cervical cancer, chemotherapy, health education, knowledge, skills