

## INTISARI PENELITIAN

**Latar belakang** : Laparotomi merupakan jenis operasi mayor yang dapat menimbulkan berbagai reaksi stres baik fisiologi maupun psikologi. Kurangnya pengetahuan mengenai bagaimana cara penyembuhan dan bagaimana melakukan *self-care* atau perawatan diri baik di rumah sakit maupun di rumah dapat memiliki dampak yang signifikan pada pemulihan pasca operasi dan juga salah satu alasan yang memicu terjadinya morbiditas psikologis yang menjadi sumber pengaruh terbesar dalam *self-efficacy* pasien. Apabila tingkat *self-efficacy* tinggi maka berdampak pada hasil pelaporan kesehatan pasien yang baik.

**Tujuan Penelitian** : Mengetahui pengaruh edukasi perioperatif terhadap *self-efficacy* pasien *post* operasi laparotomi di RSUP Dr. Sardjito Yogyakarta.

**Metode** : Penelitian ini merupakan *quasi experiment* dengan rancangan *one group pretest and posttest design*. Responden adalah pasien laparotomi berjumlah 30 orang dengan *purposive sampling*. Instrumen yang digunakan adalah SUPPH-29 yang dianalisis dengan Uji Repeated Anova untuk membandingkan total skor *self-efficacy* dan faktor *stress reduction*, dan Uji Fredman Post Hoc Wilcoxon untuk membandingkan faktor *making decision* dan *positive attitude* karena data terdistribusi tidak normal.

**Hasil** : Hasil selisih rerata pada ketiga pengukuran total *self-efficacy* sebesar pretest-posttest1  $10,00 \pm 11,5$ ; posttest1-posttest2  $5,03 \pm 6,2$ ; dan pretest-posttest2  $15,03 \pm 10,5$ . Terdapat signifikansi perbedaan yang bermakna antara ketiga pengukuran dengan  $p < 0,05$  dan selisih lebih dari 0,65.

**Kesimpulan** : Ada perbedaan selisih rerata antara pretest dan posttest, sehingga edukasi perioperatif mempengaruhi *self-efficacy* pasien perioperatif laparotomi.

**Kata kunci** : Edukasi perioperative, laparotomi, *self-efficacy*

## ABSTRACT

**Background** : Laparotomy is a kind of major surgery that can cause various stress reactions both physiology and psychology. Lack of knowledge such as how to cure and how to self-care in both hospital and at home can have a significant impact on postoperative recovery. That is one of the reasons that triggered the psychological morbidity that was the greatest source of influence in self-efficacy patient. If the level of self-efficacy is high then it affects the results of patient's health reporting.

**Objective** : To know the effect of perioperative education on self-efficacy of postoperative patient of laparotomy in RSUP Dr. Sardjito Yogyakarta.

**Method** : This research is a quasi experiment with one group pretest and posttest design. Respondent was laparotomy patients amounted to 30 people with purposive sampling. The instrument used was SUPPH-29 analyzed by Repeated Anova Test to compare the score pretest posttest of self-efficacy score and pretest posttest stress reduction factor, and Fredman Post Hoc Wilcoxon Test to compare the score pretest posttest of decision making and score pretest posttest positive attitude factors because the data was not normally distributed.

**Results** : The mean difference in the three measurements of total self-efficacy was pretest-posttest1  $10.00 \pm 11.5$ ; posttest1-posttest2  $5.03 \pm 6.2$ ; and pretest-pottest2  $15.03 \pm 10.5$ . There was significant difference between the three measurements with  $p < 0.05$  and the difference of more than 0.65.

**Conclusion** : There are some differences in mean difference between pretest and posttest, thus perioperative education affects the self-efficacy of laparotomy perioperative patients.

**Keywords** : Perioperative education, laparotomy, self-efficacy