

## ABSTRAK

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**Efek program *Telenursing* kombinasi *Telegram Chatbot* dan *Video Oberseved Therapy* (VOT) dengan pendekatan *Motivational Interviewing* Terhadap Kepatuhan *Treatment* Pada Penderita Tuberkulosis**

**xviii+144 Halaman + 6 Tabel + 17 Lampiran**

**Latar Belakang:** Kepatuhan yang buruk terhadap pengobatan tuberkulosis (TB) pada program DOTS dapat mengakibatkan penularan lebih lanjut, yakni peningkatan *multi drug resistant* (MDR) TB hingga terjadi kematian. Inovasi *telenursing* diperlukan untuk mengamati kepatuhan pengobatan secara langsung atau *Directly Observed Treatment Short-course* (DOTS) yang dapat mengefisieni waktu dan tenaga dalam memonitor pengobatan TB. Pelaksanaan dari program DOTS pada penelitian sebelumnya menunjukkan bahwa kurang efektifnya peran pengingat *treatment* TB berbasis *telenursing* yang hanya menggunakan program pesan teks atau video observasi saja. Penerapan *telenursing* kombinasi *telenursing telegram chatbots* dan VOT diharapkan dapat memberikan pemantauan dengan pendekatan MI untuk peningkatan kepatuhan *treatment* TB. **Tujuan:** Mengetahui efek program *telenursing* kombinasi *telegram chatbot* dan VOT dengan pendekatan MI terhadap kepatuhan *treatment* pada penderita TB. **Metode:** Tiga puluh empat responden TB paru dilibatkan pada penelitian kuantitatif dengan pendekatan *quasy eksperimental pretest-posttest control group design*. Kuesioner kepatuhan *treatment* TB dari MMAS-8 dengan validitas dengan *pearson product moment r* hitung berkisar antara 0,651-0,896 dan reliabilitas nilai *alpha cronbach* 0,857. Tehnik pengambilan sampel dengan *purposive sampling* dan *consecutive sampling* serta dilakukan randomisasi sederhana sesuai kriteria yang telah ditentukan di ruang poli paru RSUD Kabupaten Sidoarjo. Data dianalisis menggunakan uji *Wilcoxon* dan *Mann-whitney*. **Hasil:** Setelah dilakukan intervensi selama 1 bulan terdapat perbedaan *pre test* dan *post test* tingkat kepatuhan *treatment* TB pada kelompok kontrol dan intervensi dengan *p value* 0,000 dengan *effect size* -0,604 dan 0,622. Hasil *pre test* tingkat kepatuhan antara kelompok intervensi dan kontrol tidak ada perbedaan dengan nilai *p value* 0,972 dengan *effect size* -0,006 sedangkan hasil *post test* tingkat kepatuhan terdapat perbedaan dengan *p value* 0,000 dengan *effect size* -0,814. Nilai pretest kelompok intervensi pada tingkat kepatuhan rendah (0-<6) dan meningkat pada nilai post test dengan tingkat kepatuhan tinggi (8). **Kesimpulan:** Intervensi program *telenursing* kombinasi *telegram chatbot* dan VOT dengan pendekatan *motivational interviewing* terbukti meningkatkan kepatuhan *treatment* pada penderita tuberkulosis.

**Kata Kunci:** Kepatuhan *treatment* tuberkulosis; *motivational interviewing*; penderita tuberkulosis; *telegram chatbot*; *telenursing*; *video observed therapy*.

**Daftar Pustaka:** 82 (2010 - 2021)

## ABSTRACT

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***The effect of the Telenursing program combination of Telegram Chatbot and Video Oberseved Therapy (VOT) with Motivational Interviewing approach on Treatment Compliance in Tuberkulosis Patients***

***xix + 144 Pages + 6 Tables + 17 Attachments***

**Background:** Poor adherence to tuberculosis (TB) treatment can lead to further transmission to increase in multi-drug resistant (MDR) TB, and mortality. Telenursing innovation is needed to observe treatment adherence directly or Directly Observed Treatment Short-course (DOTS) which can save time in monitoring TB treatment. The implementation of the DOTS program was effective in previous studies showing that the role of telenursing-based TB treatment reminders was lacking, which only used text message programs or video observations. The application of telenursing combinations telegram chatbots and VOT is expected to provide monitoring with MI approach to improve TB treatment adherence. **Objective:** To determine the effect of the telegram chatbot and VOT combination telenursing program with the MI approach on treatment adherence in TB patients. **Methods:** Thirty-four respondents were included in a quantitative study using a quasi-experimental pretest-posttest control group design approach. TB treatment adherence questionnaire from MMAS-8. with validity with Pearson's product moment  $r$  count ranged from 0.651 to 0.896 and the reliability of Cronbach's alpha value was 0.857. Samples were taken by purposive sampling and consecutive sampling and simple randomization was carried out according to predetermined criteria in the pulmonary clinic of the Sidoarjo District Hospital. The statistical test used was the Wilcoxon and Mann-Whitney test. **Results:** After the intervention for 1 month, there were differences in the pre-test and post-test levels of TB treatment adherence between control and intervention groups with a  $p$  value of 0.000 with an effect size of -0.604 and 0.622. The results of the pre-test of the level of adherence between intervention and control groups were no different with a  $p$ -value of 0.972 with an effect size of -0.006. Meanwhile, the results of the post-test for the level of adherence had a difference with a  $p$ -value of 0.000 with an effect size of -0.814. **Conclusion:** The telenursing program intervention with a combination of telegram chatbot and VOT with a MI proven to improve treatment adherence in TB patients.

**Keywords:** Tuberculosis treatment adherence; motivational interviewing; tuberculosis patients; chatbot telegrams; telenursing; video observed therapy.

**Refferences:** 82 (2010 – 2021)