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“PENGARUH EDUKASI SELF-MANAGEMENT ASMA TERHADAP TINGKAT PENGETAHUAN PADA PASIEN ASMA DI PUSKESMAS BARUGAIA”

ABSTRAK

Latar Belakang: Asma merupakan penyakit inflamasi kronik saluran pernapasan yang ditandai dengan penyempitan jalan napas dan gejala berulang seperti sesak napas, batuk, serta mengi. Penyakit ini memerlukan pengelolaan jangka panjang dan keterlibatan aktif pasien dalam mengontrol kondisi kesehatannya. Kurangnya pengetahuan pasien mengenai penyakit asma dan self-management dapat meningkatkan risiko kekambuhan, kunjungan darurat, serta menurunkan kualitas hidup. Di wilayah kerja Puskesmas Barugaia Kabupaten Kepulauan Selayar, masih ditemukan pasien asma dengan tingkat pengetahuan yang kurang optimal terkait pengelolaan penyakitnya. Oleh karena itu, diperlukan intervensi edukasi self-management untuk meningkatkan pemahaman pasien terhadap penyakit asma. **Tujuan Penelitian:** Penelitian ini bertujuan untuk mengetahui pengaruh edukasi self-management asma terhadap tingkat pengetahuan pasien asma di Puskesmas Barugaia Kabupaten Kepulauan Selayar. **Metode:** Penelitian ini merupakan penelitian analitik operasional dengan menggunakan desain pretest-posttest design. Sampel penelitian sebanyak 32 responden yang dipilih menggunakan teknik purposive sampling sesuai kriteria inklusi dan eksklusi. Data dikumpulkan melalui kuesioner pre-test dan post-test untuk mengukur tingkat pengetahuan sebelum dan sesudah diberikan edukasi self-management asma. Uji normalitas dilakukan menggunakan Shapiro-Wilk dan karena data tidak berdistribusi normal, analisis dilanjutkan dengan uji Wilcoxon Signed Rank Test. **Hasil:** Hasil penelitian menunjukkan bahwa sebelum diberikan edukasi, sebagian besar responden memiliki tingkat pengetahuan kurang (75,0%), sedangkan setelah diberikan edukasi sebagian besar responden memiliki tingkat pengetahuan baik (71,9%). Hasil uji Wilcoxon menunjukkan nilai p-value sebesar 0,000 ($p < 0,05$), yang berarti terdapat pengaruh yang signifikan antara edukasi self-management asma terhadap peningkatan tingkat pengetahuan pasien asma di Puskesmas Barugaia. **Kesimpulan:** Terdapat pengaruh yang signifikan antara edukasi self-management asma terhadap peningkatan tingkat pengetahuan pasien asma di Puskesmas Barugaia Kabupaten Kepulauan Selayar.

Kata kunci: Asma, Self-Management, Edukasi, Tingkat Pengetahuan, Pretest-Posttest.

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***“THE INFLUENCE OF ASTHMA SELF-MANAGEMENT EDUCATION ON THE
LEVEL OF KNOWLEDGE IN ASTHMA PATIENTS AT THE BARUGAIA COMMUNITY
HEALTH CENTER.”***

ABSTRACT

Background: Asthma is a chronic inflammatory airway disease characterized by recurrent symptoms such as shortness of breath, wheezing, and coughing. It requires long-term management and active patient involvement to achieve optimal disease control. Lack of knowledge regarding asthma and its self-management may increase the risk of exacerbations, emergency visits, and decreased quality of life. In the working area of Barugaia Community Health Center, Selayar Regency, many asthma patients still have insufficient knowledge regarding proper disease management. Therefore, self-management education is needed to improve patients' understanding of asthma. **Objective:** This study aimed to determine the effect of asthma self-management education on the level of knowledge among asthma patients at Barugaia Community Health Center, Selayar Regency. **Methods:** This study was an analytic operational study using a pretest-posttest design. The sample consisted of 32 respondents selected using purposive sampling based on inclusion and exclusion criteria. Data were collected using pre-test and post-test questionnaires to measure patients' knowledge before and after receiving asthma self-management education. Normality testing was conducted using the Shapiro-Wilk test. Since the data were not normally distributed, further analysis was performed using the Wilcoxon Signed Rank Test. **Results:** The results showed that before the intervention, most respondents had poor knowledge (75.0%). After the education intervention, the majority of respondents demonstrated good knowledge (71.9%). The Wilcoxon test showed a p-value of 0.000 ($p < 0.05$), indicating a statistically significant effect of asthma self-management education on improving patients' knowledge levels at Barugaia Community Health Center. **Conclusion:** There is a significant effect of asthma self-management education on improving the level of knowledge among asthma patients at Barugaia Community Health Center, Selayar Regency.

Keywords: Asthma, Self-Management, Education, Knowledge Level, pretest-posttest