

**PROGRAM EDUKASI BERBASIS *WHATSAPP GROUP* TERHADAP
PENGETAHUAN DAN KETERAMPILAN PASIEN DIABETES
MELITUS TIPE 2 DALAM PERAWATAN KAKI
UNTUK MENCEGAH ULKUS DIABETIKUM**

TESIS

OLEH

**ELSA SYLVIA
BP. 1821312017**

**DOSEN PEMBIMBING
HEMA MAELINI, S.Kp, MN., Ph.D
ELVI OKTARINA, M.Kep., NS.Sp.Kep.MB**



**PROGRAM STUDI S2 KEPERAWATAN
KEKHUSUSAN KEPERAWATAN MEDIKAL BEDAH
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**PROGRAM STUDI S2 KEPERAWATAN
PEMINATAN KEPERAWATAN MEDIKAL BEDAH
FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS**

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Elsa Sylvia

Program Edukasi Berbasis *WhatsApp Group* Terhadap Pengetahuan dan Keterampilan Pasien Diabetes Melitus Tipe 2 Dalam Perawatan Kaki Untuk Mencegah Ulkus Diabetikum

xiii + 116 halaman + 6 tabel + 5 bagan + 12 lampiran

ABSTRAK

Foot self-management adalah edukasi tentang pengetahuan dan keterampilan perawatan kaki diabetes. Fenomena yang ditemukan, penderita diabetes belum mendapatkan edukasi tentang *foot self-management*. Sebelumnya telah dilaksanakan kegiatan edukasi untuk senam kaki, karena keterbatasan tempat dan petugas kesehatan kegiatan ini dihentikan. Oleh karena itu, diperlukan strategi pemanfaatan media yang dinilai efektif dalam memberikan edukasi. *Platform mobile instant messaging* media sosial yang banyak digunakan adalah *WhatsApp* yang memungkinkan edukasi diberikan melalui *WhatsApp group*. Tujuan penelitian adalah diketahui pengaruh edukasi berbasis *WhatsApp group* terhadap pengetahuan, dan keterampilan perawatan kaki pasien DM tipe 2 untuk mencegah ulkus diabetikum. Rancangan penelitian adalah *one group pretest-posttest design* dengan teknik pengambilan sampling yaitu *total sampling*. Hasil penelitian menunjukkan adanya pengaruh signifikan terhadap pengetahuan dan keterampilan ($p = 0.00$). Terutama, pengetahuan mengenai *basic foot self care*, dan keterampilan senam kaki. Selain itu, pasien program edukasi berbasis *WhatsApp group* mampu meningkatkan kemampuan pasien diabetes dalam melakukan *foot self-care* dengan tepat dan benar. Ini menunjukkan bahwa program edukasi berbasis *WhatsApp group* sangat direkomendasikan dalam promosi kesehatan.

Kata kunci : Program edukasi, *WhatsApp group*, Pengetahuan, Keterampilan, DM tipe 2, Ulkus diabetikum

Daftar pustaka : 144 (2001-2020)

**NURSING POST GRADUATE PROGRAM
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Elsa Sylvia

**Education Program Based On Whatsapp Group to Knowledge and Skills Of
Diabetes Mellitus Type 2 Patients In Foot Care to Prevent Diabetic Foot Ulcers**

xiii + 116 pages + 6 tables + 5 charts + 12 attachments

ABSTRACT

Foot self-management is an education of diabetes foot care knowledge and skills. The phenomenon showed that the related education program is not exist in the hospital due to limited space and number of health worker conduct the program. Therefore, it is necessary to use a media strategy that is considered effective in providing education. The most widely used social media instant messaging platform is WhatsApp which enables education to be provided through the WhatsApp group. The purpose of this study was to determine the effect of WhatsApp group-based education on knowledge and foot care skills of type 2 DM patients to prevent diabetic ulcers. The study design was a one-group pretest-posttest design with a sampling technique that is total sampling. The results showed a significant effect on knowledge and skills ($p = 0.00$). Beside that, knowledge about basic foot self care, and skill of foot exercise. WhatsApp group-based patient education programs can improve the ability of diabetic patients to do foot self-care appropriately and correctly. This shows that the WhatsApp group-based education program is highly recommended in health promotion.

Key words : Diabetic type 2 patients, diabetic foot ulcers, Education program, Knowledge, Skills/Practice , WhatsApp group.

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