

ABSTRACT

Pulmonary TB treatment which requires a relatively long time with regular medication causes patient burnout, informational and emotional support provided is less than optimal, it can reduce self-efficacy and reduce quality of life. This study aims to determine the effect of telenursing-based health education on self-efficacy and quality of life in tuberculosis patients at Jemursari Islamic Hospital, Surabaya

The design of this research was quasy experimental with pre post test control group design approach. The population of tuberculosis patients was 38 respondents at the Jemursari Islamic Hospital in Surabaya. The sample size of 38 patients, divided into 2 groups of intervention and control were taken by random sampling technique with sample allocation. Data were collected using a questionnaire. Data analysis used t-test with $\alpha = 0.05$.

The paired test results of the t-test value of $P=0.000$, showed that there were differences in self-efficacy and quality of life before and after the telenursing-based educational health intervention. In the control group, the value of $P=0.163$ showed no difference in self-efficacy before and after intervention according to hospital standards. In the control group the value of $P=0.083$, indicating no difference in quality of life before and after intervention according to hospital standards. The results of the Independent t-test for the intervention and control groups got a value of $P=0.000$, which means that there is an effect of telenursing-based education on increasing self-efficacy. Independent t-test results of the intervention and control groups $P=0.000$, meaning that there is an effect of telenursing-based education on improving the quality of life.

Telenursing-based health education can increase self-efficacy and quality of life. Hospitals and nurses can use telenursing to provide health education for patients with chronic diseases.

Keywords: Health Education, Telenursing, Self-Efficacy, Quality of Life, Tuberculosis