

ABSTRAK

PENGARUH HEALTH EDUCATION TERHADAP PENGETAHUAN PENANGANAN KESULITAN BERKEMIH PADA PASIEN BENIGNA PROSTATE HYPERPLASIA (BPH) DI KLINIK RAWAT JALAN UROLOGY AL HARAMAIN MEDICAL COMPLEX SAUDI ARABIA

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Latar Belakang : *Benigna Prostat Hyperplasia* (BPH) merupakan hiperplasia kelenjar periuretra yang mendesak jaringan prostat ke perifer. Prevalensinya meningkat sejalan dengan peningkatan usia pada pria. Pasien biasanya datang ke rumah sakit setelah keadaan BPH semakin berat atau dengan kasus yang parah sehingga dalam pengobatannya harus dilakukan rencana operasi. Hal ini kemungkinan disebabkan ketidaktahuan masyarakat terhadap penyakit BPH yang dapat mempengaruhi derajat kesehatan, didukung oleh pernyataan yang menyatakan bahwa bermacam pasien yang datang ke dokter, dalam keadaan darurat atau terlalu parah. Tujuan penelitian ini Untuk mengetahui pengaruh pemberian Health Education terhadap pengetahuan penanganan kesulitan berkemih pada penyakit Benigna Prostate hyperplasia di Al Haramain Medical Complex Saudi Arabia.

Metode : Jenis penelitian yang digunakan adalah metode eksperimental dengan pendekatan *One Group Pre-Test dan Post-test Design*. Jumlah sampel yang digunakan sebanyak 46 responden yang dipilih secara *purposive sampling*. Untuk menganalisis data menggunakan *uji wilcoxon*.

Hasil : Hasil penelitian pengetahuan responden sebelum diberikan *health education* diperoleh paling banyak pengetahuan kurang sebanyak 19 responden (41,3%) dan sesudah diberikan *health education* diperoleh paling banyak pengetahuan baik dan cukup sebanyak 20 responden (43,5%). Hasil uji Wilcoxon didapatkan p value adalah 0,000 ($p < 0,05$) maka H_0 ditolak dan H_a diterima yang artinya terdapat pengaruh *Health Education* terhadap pengetahuan responden tentang penanganan kesulitan berkemih pada pasien *Benigna Prostate Hyperplasia* (BPH) di Al Haramain Medical Complex Saudi Arabia.

Analisa : Hasil diatas dapat digunakan peneliti dalam pengembangan profesi terkait pemberian *health education* terhadap pengetahuan responden tentang penanganan kesulitan berkemih pada pasien *Benigna Prostate Hyperplasia*

Kata Kunci : *Benigna Prostat Hyperplasia* (BPH), *health education*, pengetahuan

ABSTRACT

THE INFLUENCE OF HEALTH EDUCATION ON KNOWLEDGE OF HANDLING VOIDING DIFFICULTIES IN PATIENTS WITH BENIGN PROSTATE HYPERPLASIA (BPH) AT THE AL HARAMAIN MEDICAL UROLOGY OUTPATIENT CLINIC SAUDI ARABIA COMPLEX

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Background: Benign Prostate Hyperplasia (BPH) is hyperplasia of the periurethral glands which pushes prostate tissue to the periphery. The prevalence increases with age in men. Patients usually come to the hospital after the BPH condition becomes more severe or if the case is so severe that surgery must be planned for treatment. This is possibly due to public ignorance of BPH disease which can affect health status, supported by statements stating that various patients who come to the doctor are in an emergency or are too serious. The aim of this research is to determine the effect of providing Health Education on knowledge of handling urinary difficulties in Benign Prostate Hyperplasia at the Al Haramain Medical Complex, Saudi Arabia.

Method: The type of research used is an experimental method with a One Group Pre-Test and Post-test Design approach. The number of samples used was 46 respondents who were selected using purposive sampling. To analyze the data using the Wilcoxon test.

Results: The research results showed that the respondents' knowledge before being given health education was found to be at most lacking, as many as 19 respondents (41.3%) and after being given health education, the most knowledge was good and sufficient, as many as 20 respondents (43.5%). The Wilcoxon test results showed that the p value was 0.000 ($p < 0.05$), so H_0 was rejected and H_a was accepted, which means that there was an influence of Health Education on respondents' knowledge about handling urinary difficulties in Benign Prostate Hyperplasia (BPH) patients at the Al Haramain Medical Complex, Saudi Arabia.

Analysis: The results above can be used by researchers in professional development related to providing health education on respondents' knowledge about handling urinary difficulties in Benign Prostate Hyperplasia patients.

Keywords: Benign Prostate Hyperplasia (BPH), health education, knowledge