

**Pengaruh Program *Family Empowerment* terhadap Pengetahuan  
Orang Tua tentang perawatan Anak Thalasemia  
di RSUD dr. Soediran Mangun Sumarso  
Wonogiri**

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**Intisari**

**Latar belakang:** Tatalaksana pada pasien thalasemia adalah dengan transfusi darah. Program *family empowerment* dilakukan dengan tujuan untuk membantu meningkatkan pengetahuan orang tua dalam perawatan anak thalasemia terutama dalam asupan gizi. Pasien thalasemia membutuhkan diet thalasemia berupa pengaturan makronutrien dan mikronutrien. Diet tinggi protein, energi, vitamin B kompleks berkualitas tinggi (terutama asam folat dan vitamin B12), dan seng bermanfaat. Salah satu upaya peningkatan pengetahuan orang tua dalam perawatan anak thalasemia yaitu program *family empowerment*.

**Tujuan:** Mengetahui pengaruh program *family empowerment* terhadap pengetahuan orang tua tentang perawatan anak thalasemia di RSUD dr. Soediran Mangun Sumarso Wonogiri.

**Metode:** Jenis penelitian adalah pendekatan kuantitatif dengan jenis *pre eksperiment*. Desain penelitian menggunakan *one group design with pretest-posttest*. Sampel penelitian sebanyak 20 orang tua yang mempunyai anak penderita thalasemia yang dirawat di RSUD dr. Soediran Mangun Sumarso Wonogiri, dengan teknik sampling menggunakan *purposive sampling*. Instrumen penelitian menggunakan SAP program *family empowerment* dan kuesioner pengetahuan. Analisis data menggunakan *Paired sample test*.

**Hasil:** Pengetahuan responden sebelum mengikuti program *family empowerment* adalah 3 responden (15%) dengan pengetahuan baik, 12 responden (60%) dengan pengetahuan cukup, dan 5 responden (25%) dengan pengetahuan kurang. Pengetahuan responden sesudah mengikuti program *family empowerment* adalah 10 responden (50%) dengan pengetahuan baik dan 10 responden lain dengan pengetahuan yang cukup (50%). Hasil uji *Paired sample test* diperoleh nilai *p-value* = 0,001 ( $p < 0,05$ ).

**Kesimpulan:** Ada pengaruh program *family empowerment* terhadap pengetahuan orang tua tentang perawatan anak thalasemia di RSUD dr. Soediran Mangun Sumarso Wonogiri.

**Kata kunci:** Program *family empowerment*, pengetahuan, orang tua, thalasemia

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## ABSTRACT

### THE EFFECT OF THE FAMILY EMPOWERMENT PROGRAM ON THE KNOWLEDGE OF PARENTS ABOUT THE CARE OF CHILDREN WITH THALASSEMIA AT DR. SOEDIRAN MANGUN SUMARSO WONOGIRI

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**Background:** The management of thalassemia patients implemented blood transfusion. The family empowerment program aims to increase parents' knowledge in caring for children with thalassemia, especially in nutritional plans. Thalassemia patients need a thalassemia diet of macronutrient and micronutrient arrangements. A diet high in protein, energy, high-quality B-complex vitamins (especially folic acid and vitamin B12), and zinc. The efforts in increasing parents' knowledge of thalassemia children care are the family empowerment program.

**Objectives:** To determine the effect of the family empowerment program on parents' knowledge about the care of thalassemia children at dr. Soediran Mangun Sumarso Wonogiri.

**Method:** This type of research is a quantitative approach with a pre-experimental type. The research design used one group design with a pretest-posttest. The research sample was 20 parents of thalassemia sufferers at dr. Soediran Mangun Sumarso Wonogiri. The sampling technique used purposive sampling. The research instrument used the SAP family empowerment program and a knowledge questionnaire. Data analysis used Paired sample test.

**Results:** The respondents' knowledge before joining of family empowerment program was 3 respondents (15%) with good knowledge, 12 respondents (60%) with sufficient knowledge, and 5 respondents (25%) with less knowledge. The respondents' knowledge after participating in the family empowerment program were 10 respondents (50%) with good knowledge and 10 other respondents with sufficient knowledge (50%). The results of the Paired sample test obtained a p-value = 0.001 ( $p < 0.05$ ).

**Conclusion:** There is an effect of the family empowerment program on parents' knowledge about the care of thalassemia children at dr. Soediran Mangun Sumarso Wonogiri.

**Keywords:** Family Empowerment Program, Knowledge, Parents,

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Thalassemia

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