

**PENERAPAN TEORI LINGKUNGAN *NIGHTINGALE*
MELALUI HELIOTERAPI TERHADAP PERBAIKAN
KLINIS PASIEN TUBERKULOSIS DI
KECAMATAN DEPOK SLEMAN
YOGYAKARTA**

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ABSTRAK

Pendahuluan: tuberkulosis menjadi salah satu masalah kesehatan global dan menjadi masalah kesehatan utama di Indonesia. Penerapan teori lingkungan *Nightingale* melalui helioterapi merupakan Tindakan non farmakologis untuk menunjang perbaikan klinis pasien tuberkulosis. Sinar Matahari mampu memicu terjadinya sintesis vitamin D pada tubuh sehingga meningkatkan imunitas tubuh untuk perbaikan klinis.

Tujuan: mengidentifikasi penerapan teori Lingkungan *Nightingale* melalui pemberian helioterapi terhadap perbaikan klinis pasien tuberkulosis di Kecamatan Depok Sleman Yogyakarta.

Metode: penelitian ini adalah *quasi experiment* dengan *pretest-posttest control group design*. Responden penelitian ini adalah pasien tuberkulosis > 18 tahun sebanyak 34 responden dan dibagi dua kelompok yaitu kelompok perlakuan dan kelompok kontrol. Responden kelompok perlakuan diberi helioterapi empat kali seminggu selama empat minggu dengan intensitas pajanan 25 menit sehari. Pengukuran klinis berat badan menggunakan timbangan berat badan. Pengukuran klinis batuk menggunakan *Leicester Cough Questioner*. Pengukuran klinis sesak menggunakan *Borg scale*.

Hasil: kelompok perlakuan terjadi perbedaan signifikan pada skor berat badan, batuk dan sesak dengan nilai $p < 0,05$.

Kesimpulan: ada pengaruh penerapan teori *Nightingale* melalui pemberian helioterapi terhadap perbaikan klinis pasien tuberkulosis di kecamatan Depok Sleman Yogyakarta.

Kata Kunci : Helioterapi, Tuberkulosis, Sinar Matahari, Perbaikan Klinis, Batuk, Sesak.

**IMPLEMENTATION OF NIGHTINGALE'S ENVIRONMENTAL
THEORY THRU HELIOTHERAPY FOR CLINICAL
IMPROVEMENT OF TUBERCULOSIS PATIENTS
IN DEPOK SLEMAN YOGYAKARTA**

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ABSTRACT

Background: tuberculosis is a global health problem and a major health problem in Indonesia. The application of Nightingale's environmental theory through heliotherapy is a non-pharmacological action to support the clinical improvement of tuberculosis patients. Sunlight can trigger the synthesis of vitamin D in the body, thereby increasing the body's immunity for clinical improvement.

Purpose: identify the application of Nightingale's environmental theory in giving heliotherapy to clinical improvement of tuberculosis patients in Depok Sleman Yogyakarta District.

Method: this research method is a quasi experiment with pretest posttest control group design. The research respondents were 34 tuberculosis patients > 18 years old and divided into two groups, the treatment group and the control group. Respondents in the treatment group were given heliotherapy four times a week for four weeks with an exposure intensity of 25 minutes a day. Clinical measurements of body weight using a weight scale. Clinical measurement of cough using the Leicester Cough Questioner. Clinical measurement of breathless using the Borg scale.

Results: the treatment group had a significant difference in the scores for body weight, cough and breathless with p value < 0.05.

Conclusion: *There is an effect of the application Nightingale theory through the provision of heliotherapy on the clinical improvement of tuberculosis patients in Depok Sleman Yogyakarta.*

Keywords: *Heliotherapy, Tuberculosis, Sunlight, Clinical Improvement, Cough, Breathless.*