

Strategi *Self-Management* Untuk Meningkatkan *Professional Behaviours* Pada Mahasiswa Tingkat II Program Studi D III Keperawatan AKPER Yayasan Keperawatan Yogyakarta (YKY)

Rully Annisa

ABSTRAK

Latar Belakang: Perilaku Profesional merupakan salah satu kompetensi yang harus dicapai oleh mahasiswa selama proses pembelajaran. Perilaku ini memiliki tiga aspek aktivitas yang harus dilakukan sebagai tenaga kesehatan dengan bobot yang sama, yaitu: kognitif, psikomotor, dan *soft skill* atau *professional behaviours*.

Tujuan penelitian: Penelitian ini untuk mengetahui perbedaan *professional behaviours* mahasiswa tingkat II program studi DIII keperawatan AKPER YKY pada kelompok intervensi dan kelompok kontrol setelah pelatihan *self-management*.

Metode Penelitian: Penelitian ini menggunakan metode penelitian eksperimen semu, yang melibatkan mahasiswa. Dengan Rancangan *Quasy Experiment Nonequivalent Control Group Design*, menggunakan *Incidental Sampling* dengan responden berjumlah 72 mahasiswa aktif. Data dikumpulkan menggunakan kuesioner *Shieffield Peer Review Assessment (SPRAT)* berskala *likert*. Teknik analisis yang digunakan adalah *Paired t-Test* dan *Independent t-Test*.

Hasil Penelitian: Hasil uji *Paired t Test* menunjukkan nilai $p=0,028$ pada kelompok intervensi dan nilai $p=0,920$ pada kelompok kontrol. Sedangkan hasil uji *Independent t Test* menunjukkan nilai $p=0,643$ (dimana $p>0,05$).

Kesimpulan: Hasil uji *Paired t Test* menyimpulkan terdapat perbedaan signifikan setelah perlakuan pada kelompok intervensi sedangkan pada kelompok kontrol tidak terdapat perbedaan signifikan antara nilai *pre* dan *post professional behaviours*. Dan hasil uji *Independent t Test* menyimpulkan tidak terdapat perbedaan yang signifikan antara nilai *pre* dan *post professional behaviours* antara kelompok intervensi dan kelompok kontrol setelah pelatihan *self management*.

Kata Kunci: *Self management, Professional Behaviours, Mahasiswa Keperawatan*

Self-Management Strategy to Improve Professional Behavior at Student Level II Study Program D III Nursing AKPER Yayasan Nursing Yogyakarta (YKY)

Rully Annisa

ABSTRACT

Background: Professional Behaviours is one of the competencies that must be achieved by students during the learning process and has three aspects of activities that must be done as a health worker with the same weight, namely: cognitive, psychomotor, and softskills or professional behaviours.

The Aim of the study: This study aimed to investigate the differences of professional behaviors at Student Level II Study Program D III Nursing AKPER Yayasan Nursing Yogyakarta (YKY) in the intervention group and control group after self-management training.

Research Method: This research used quasy-experiment research method, involving students. With Quasy Experiment Study Nonequivalent Control Group Design, used Incidental Sampling with 72 respondents active students. Data were collected used Shieffield Peer Review Assessment (SPRAT) questionnaire with self assessment technique consisting of 23 Likert-scale questions. The analysis technique used is Paired t-Test and Independent t-Test.

Result: Paired t Test result showed p value = 0,028 in intervention group and value $p = 0,920$ in control group. While the test results of Independent t Test show the value $p = 0.643$ (where $p > 0.05$).

Conclusion: The Paired t Test result sumed that there were significant differences between pre and post professional behavior in the intervention group, while in the control group there was no significant difference between pre and post professional behavior score. And the Independent t test result concluded there was no significant difference between pre and post professional behavior between intervention group and control group after self management training.

Keywords: Self management, Professional Behavior, Nursing Students