

## **PENINGKATAN EFIKASI DIRI PASIEN TUBERKULOSIS DENGAN MEDIA BUKU SAKU**

Anada Intan Pramuji, Mulyaningsih, Dyah Rahmawatie R.B.U

[Anadaintan22@gmail.com](mailto:Anadaintan22@gmail.com)

Universitas 'Aisyiyah Surakarta

### **Rangkuman**

Tuberculosis is an infectious disease caused by germ *Mycobacterium tuberculosis*. Tuberculosis in Indonesia in 2018 was found in 566,623 cases, up from 446,732 in 2017. Tuberculosis cases in Central Java increased by 143.9 from 2017 to 132.9. Success rate of tuberculosis treatment in all cases in Central Java province (82.7%) far from the minimum target (90%). Surakarta city made the top 10 in the discovery of tuberculosis cases in central Java. Long-lasting treatment of tuberculosis causes boredom for sufferers. There are several factors that influence the successful treatment of tuberculosis from internal factors is self-efficacy or self-confidence to heal low. Low self-efficacy of sufferers will result in failure of treatment. There are several media that can be used to improve the self-efficacy of one of them pocketbooks. This interior pocket book is titled "Increased self-efficacy of tuberculosis patients". The outside purpose is to increase the self-efficacy of tuberculosis patients. Pocketbook contains information about tuberculosis and how to improve self-efficacy, this pocket book can practically be carried everywhere, can be stored and read at any time, equipped with images to facilitate the reader's understanding. This pocketbook provides benefits for all parties from patients, health workers, the public, families. Many ways to improve self-efficacy are well established from the support of others. The independent way is to increase self-esteem, think positively, supportive therapy, do positive activities such as self-makeup. This pocket book is set in white and green color with the logo of surakarta aisyiyah university. The color used to design this pocket book is very interesting simple. This pocketbook will be authorized with Intellectual Property Rights (HKI). This pocketbook can increase the reader's knowledge so that it can equally help improve the self-efficacy of tuberculosis patients that exist around our environment