

**PROGRAM STUDI D III KEPERAWATAN FAKULTAS KEPERAWATAN
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**Pengaruh Intervensi Pendidikan Kesehatan Terhadap Kepatuhan Keluarga
Pasien Dalam Melakukan *Hand Hygiene* Di RSUD Arifin Achmad**

ABSTRAK

Hand hygiene merupakan salah satu upaya penting dalam mencegah *Healthcare Associated Infections* (HAIs), namun kepatuhan keluarga pasien dalam menerapkannya masih belum optimal. Penelitian ini bertujuan untuk mengetahui pengaruh intervensi pendidikan kesehatan terhadap kepatuhan keluarga pasien dalam melakukan *hand hygiene* di Ruang Anggrek RSUD Arifin Achmad. Penelitian ini menggunakan metode kuantitatif dengan desain *pre-experimental one group pretest-posttest*. Sampel penelitian berjumlah 75 keluarga pasien yang dipilih menggunakan teknik *accidental sampling*. Intervensi diberikan melalui pendidikan kesehatan berupa ceramah, demonstrasi enam langkah *hand hygiene*, tanya jawab, dan media leaflet. Data dianalisis dengan uji Wilcoxon Signed Rank Test. Hasil penelitian menunjukkan bahwa sebelum intervensi sebagian besar responden berada pada kategori cukup patuh (93,3%) dan tidak patuh (6,7%). Setelah intervensi, kepatuhan meningkat menjadi kategori patuh sebanyak 42,7% dan cukup patuh 57,3%, tanpa responden yang tidak patuh. Hasil uji Wilcoxon menunjukkan nilai $Z = -7,524$ dengan $p\text{-value} = 0,001$ ($p < 0,05$), sehingga terdapat pengaruh yang signifikan dari intervensi pendidikan kesehatan terhadap kepatuhan keluarga pasien dalam melakukan *hand hygiene*. Pendidikan kesehatan dapat dijadikan strategi untuk meningkatkan kepatuhan keluarga pasien dalam upaya pencegahan infeksi di rumah sakit.

Kata Kunci: pendidikan kesehatan, *hand hygiene*, kepatuhan, keluarga pasien, *Healthcare-Associated Infections* (HAIs).

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ABSTRACT**

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***THE EFFECT OF HEALTH EDUCATION INTERVENTIONS ON PATIENT
FAMILIES' COMPLIANCE WITH HAND HYGIENE AT ARIFIN ACHMAD
REGIONAL GENERAL HOSPITAL***

ABSTRACT

Hand hygiene is one of the most important measures to prevent Healthcare Associated Infections (HAIs); however, the compliance of patients' family members in performing hand hygiene is still not optimal. This study aimed to determine the effect of a health education intervention on the compliance of patients' family members in performing hand hygiene in the Anggrek Ward of RSUD Arifin Achmad. This study employed a quantitative method with a pre-experimental one-group pretest–posttest design. The study sample consisted of 75 patients' family members selected using an accidental sampling technique. The intervention was provided through health education in the form of lectures, demonstrations of the six-step hand hygiene technique, question-and-answer sessions, and leaflet media. Data were collected using an observation checklist and analyzed using the Wilcoxon Signed Rank Test. The results showed that before the intervention, most respondents were categorized as moderately compliant (93.3%), while 6.7% were non-compliant. After the intervention, compliance increased, with 42.7% of respondents categorized as compliant and 57.3% as moderately compliant, and no respondents remaining in the non-compliant category. The Wilcoxon Signed Rank Test showed a Z value of -7.524 and a p-value of 0.001 ($p < 0.05$), indicating a significant effect of the health education intervention on the compliance of patients' family members in performing hand hygiene. Health education can be used as an effective strategy to improve the compliance of patients' family members in preventing hospital-acquired infections.

Keywords: *hand hygiene, health education, compliance, patients' family members, Healthcare Associated Infections (HAIs).*

