



## THE RELATIONSHIP BETWEEN INFORMATION AND SELF-CARE MANAGEMENT IN LEPROSY PATIENTS

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### ABSTRACT

Leprosy is still a health problem in endemic countries, one of which is Indonesia. It is caused by the lack of information about leprosy, which affects the self-care management of leprosy sufferers to increase the risk of leprosy severity. Leprosy is a chronic granular infection caused by the obligate intracellular organism *M. leprae*. These germs initially attack the peripheral nervous system, then the skin, mucosa, respiratory tract, retinal system, eyes, retina, bones, and tissues. This study aims to determine the relationship of information on self-care management in leprosy patients in the Sumenep Regency. This type of research was an observational analysis using a cross-sectional study approach. The population was 32 respondents, with a sample of 30 respondents. The sampling technique used simple random sampling. Data collection used a questionnaire, and data analysis used Rho Spearman with a significance level of  $p < 0.005$ . The analysis result obtained significance, or the value of information availability (0.000) was much more standard significant than 0.05 or ( $p < \alpha$ ), then  $H_0$  was rejected, and  $H_1$  was accepted, which means that there is a relationship between information and self-care management in leprosy patients. Information can affect self-care management in leprosy patients. Self-care management has an important role in preventing the severity and transmission of leprosy. With enough information, leprosy patients can carry out good self-care- management and reduce the impact of leprosy effectively.

Keywords: information; leprosy; self-care management

### How to cite (in APA style)

Damayanti, C. N., Hannan, M., & Hidayat, S. (2024). The Relationship Between Information and Self-Care Management in Leprosy Patients. *Indonesian Journal of Global Health Research*, 7(1), 427-436. <https://doi.org/10.37287/ijghr.v7i1.4359>.

## INTRODUCTION

Leprosy is a type of infectious disease caused by *Mycobacterium leprae* infection. This disease attacks parts of the body including the nerves and skin. The incubation period for leprosy germs is on average 2-5 years. Leprosy is contagious when the *Mycobacterium leprae* bacteria that live in the patient's body come out and spread through droplets and enter the bodies of other people, besides leprosy is also contagious because it has a history of long contact with patients. Patients who have taken MDT (Multi Drug Therapy) are not a source of transmission. Most people who are infected are asymptomatic, but some also cause symptoms and result in disability if the sufferer does not take care of themselves (Hidayah et al., 2019). Leprosy is a chronic granulomatous infectious disease caused by the obligate intracellular organism *M. Lelprael*. Initially, this germ attacks the peripheral nervous system, then attacks the skin, mucosa, respiratory tract, reticuloendothelial system, eyes, muscles, bones, and testes (Amiruddin, 2019).

Leprosy is characterized by early symptoms, namely skin disorders such as white or red patches. Symptoms continue with loss of sensation due to nerve damage in the skin area. Loss of sensation in the skin patch area can be in the form of loss of sensation to changes in temperature, touch, or pain. This nerve dysfunction is accompanied by thickening of the

peripheral nerves. Nerve dysfunction can also occur in the eyes so that they become dry and rarely blink which can cause blindness. In addition, muscle weakness can occur to the point of paralysis, especially in the muscles of the hands and feet (Siswanto, 2020). Leprosy (leprosy) which is called *Morbus Hansen* is a disease that is feared by the community to this day, both families, the community and including some health workers, due to the lack of knowledge about leprosy and the disabilities that occur (Jufriзал & Nurhasanah, 2019). At the end of 2020, there were around 176,176 cases of leprosy per 10,000 population from 38 countries across WHO regions, with an additional 211,973 new cases per 10,000 population (WHO, 2020). Indonesia is still the 3rd highest contributor to leprosy incidents in the world with 16,286 cases. The number of leprosy cases in Indonesia in 2020 was reported at 19,033 cases (0.80 per 10,000 population). East Java is ranked first with the highest number of new leprosy cases in 2021, namely 1,696 people (Ministry of Health of the Republic of Indonesia, 2022). Based on data from the East Java Provincial Health Office in 2022, Sumenep Regency was classified as having a high number of new leprosy cases, recorded at 243 cases. One of the sub-districts with a high number of leprosy sufferers in Sumenep Regency is Guluk-guluk Sub-district, which is ranked first with a total of 32 leprosy sufferers. (Dinas Kesehatan Kabupaten Sumenep, 2023).

From the results of interviews with health workers at the Guluk-guluk health center, some patients experience low self-care management due to lack of information. From the results of interviews with patients and observations of 7 leprosy patients, 4 people experienced moderate self-care independence, namely patients have an interest in doing self-care but patients cannot do self-care in certain parts, while 3 people showed poor self-care independence because they do not know how to do self-care properly. Poor independence here means that patients are unable to care for themselves in terms of care related to their disease which has an impact on disability in leprosy patients with symptoms of lack of interest in doing self-care. On average, patients who experience ulcers recur repeatedly within one month with increasingly severe ulcer conditions and indications of increasing disability due to lack of independence in self-care. Leprosy is a disease caused by infection with the bacteria *Mycobacterium leprae* which attacks the skin, mucous membranes (eg nose), peripheral nerves, eyes, and testicles. As a result of the loss of protection of pain sensation in leprosy patients, damage to the skin, feet, hands, and other nervous systems occurs, causing disability. Disability in leprosy sufferers can worsen due to lack of independence in terms of self-care and wounds. This disease requires continuous treatment and self-care by leprosy sufferers, if there is a lack of management and appropriate strategies provided by agencies or nurses in providing health information on how to treat and care for leprosy sufferers, then it will be increasingly difficult for sufferers to find out information about their disease (Rosydah, 2020). Lack of information in leprosy sufferers is a problem that affects their ability to manage their own disease. When leprosy sufferers do not have adequate access to guidance on self-care, then leprosy sufferers are unable to care for themselves properly. This can lead to delays in treatment, increasing the risk of complications. Lack of information also results in sufferers having less knowledge about leprosy which results in slowness in seeking treatment and diagnosis of the disease, resulting in leprosy sufferers experiencing increasingly severe disabilities. (Dianita, 2020).

Patients with less knowledge about leprosy tend to be reluctant to do self-care management. In line with the results of previous research in the book *Kupas Tuntas Penyakit Kusta*, it was revealed that if an individual's knowledge of a disease is not or has not been known, then attitudes and actions in efforts to prevent the disease are sometimes ignored. Factors that can increase knowledge for leprosy sufferers are through information. Means to access

information with the presence of information providers such as health workers. If there is only a place to access information but no one to convey information, the transfer of information will not go well. (Yusuf et al., 2018). Self-care management in leprosy patients is very important to maintain their physical and mental well-being. Leprosy patients need to routinely care for wounds that may arise from leprosy infection, by cleaning them gently and using medical care provided by a doctor. In addition, it is important to maintain thorough personal hygiene, including washing hands and maintaining skin cleanliness diligently. Patients must also comply with the treatment prescribed by the doctor and undergo regular check-ups to monitor the progress of the disease. In addition to the physical aspect, the psychological aspect is also important in self-care management, patients need to have strong social support and seek help from mental health workers if necessary to overcome stigma and feelings of anxiety that may arise. Good self-care management will help leprosy patients live healthy and productive lives. (Hannan, 2022).

Self-care that is done independently if not good in leprosy sufferers has serious impacts because this disease progressively damages peripheral nerves, skin, hands, feet, and even eyes. Therefore, leprosy sufferers need effective self-care management to avoid more severe complications. According to Orem (2001), a number of factors such as age, gender, developmental status, health status, social and cultural background, availability of health services, family support, lifestyle, living environment, and availability of resources, all affect a person's ability to do self-care. Therefore, it is important for leprosy sufferers to understand these factors and try to improve their self-care to better manage the disease and prevent more serious impacts. (Hannan, M., Hidayat, S., & Sandi, 2020). It is important to provide access to appropriate, easy-to-understand information, including wound care, symptom monitoring, and prevention of transmission. With better understanding, leprosy sufferers will have greater control over their disease and can improve their quality of life while minimizing risks to themselves and the surrounding community such as counseling activities, this activity is part of health education so it needs to be done to obtain information related to the needs of sufferers related to leprosy problems (Onggang et al., 2022). Information provided through counseling and health promotion by health workers regarding leprosy regarding its transmission and the consequences of non-compliance with taking medication for sufferers, strong motivation and commitment, both from sufferers and the community to take primary prevention measures (Jufrizal & Nurhasanah, 2019).

One of the efforts to improve self-care management in leprosy patients, there are several solutions that can be applied. First, in-depth education about this disease and the right way to care for it must be given to patients and their families by trained medical personnel. Patient involvement in decision-making regarding their care is also very important, so that they feel in control of their own care. Emotional support from family and community must also be strengthened to overcome the social stigma that is often associated with leprosy. In addition, ensuring easy and affordable access to medical care, including prescribed drugs, can help patients undergo treatment consistently. During treatment, regular monitoring by medical personnel needs to be carried out to monitor the progress of the disease and ensure a good response to treatment. With this combination of solutions, leprosy patients can be more effective in caring for themselves, maintaining their physical and mental health, and preventing complications that may arise from this disease. (Sari et al., 2023). This study aims to determine the relationship between information and self-care management in leprosy patients in the Guluk-guluk Health Center work area.

**METHOD**

This study uses observational analysis using a cross-sectional study approach. The population is 32 respondents, with a sample of 30 respondents. The sampling technique uses simple random sampling. In the information questionnaire there are 10 statements consisting of 9 positive statements and 1 negative statement. The instrument used in the self-care management variable uses a questionnaire. In the self-care management questionnaire there are 9 statements. Data collection uses questionnaires, and data analysis uses Rho Spearman with a significance level of  $p < 0.005$ . The study was conducted in the Guluk-guluk Health Center work area.

**RESULTS**

Table 1.  
Respondent Characteristics Based on Gender, Age and Education

Category	f	%
<b>Gender</b>		
Male	9	30
Female	21	70
<b>Age</b>		
21-30 year	5	16.7
31-40 year	2	6.7
41-50 year	4	13.3
51-60 year	13	43.3
61-70 year	6	20
<b>Education</b>		
Pre school	10	33.3
SD	12	40
SMP	3	10
SMA	5	16.7

Tabel 1, it can be seen that almost half of the leprosy sufferers are male, as many as 9 people (30%) and female, as many as 21 people (21%), almost half of the leprosy sufferers are aged 51-60 years, as many as 13 people (43%), and that almost half of the leprosy sufferers have a final education of elementary school, as many as 12 people (40%).

Table 2.  
Frequency Distribution of Information and Self Care Management in Leprosy Patients

	f	%
<b>Information</b>		
Good	10	33.3
enough	14	46.7
Less	6	20
<b>Self-care management</b>		
Good	10	33.3
Enough	12	40
less	8	26.7

Based on table 2, the frequency distribution of information on leprosy sufferers shows that almost half of the sufferers have sufficient information, namely 14 respondents (46.7%), and the frequency of self-care management in leprosy sufferers shows that almost half have sufficient self-care management, namely 12 respondents (40%).

Table 3.  
Results of Analysis of the Relationship between Information and Self-Care Management in Leprosy Patients

Information	<i>Self-Care Management Pada Penderita Kusta</i>						Total	
	Good		Enough		Less		f	%
	f	%	f	%	f	%		
Good	10	100	0	0	0	0	10	100
Enough	0	0	12	85.7	2	14.3	14	100
Less	0	0	0	0	6	100	6	100
Total	10	33.3	12	40.0	8	26.7	30	100

Table 3. shows that the level of information in the good category is 10 respondents with self-care management of all leprosy sufferers being good as many as 10 respondents (100%). The level of information in the sufficient category is 14 respondents with self-care management of leprosy sufferers being sufficient almost entirely as many as 12 respondents (85.7%) and self-care management in leprosy sufferers, a small portion of respondents are lacking as many as 2 respondents (14.3%). the level of information in the lacking category is 6 respondents with self-care management of leprosy sufferers being good as many as 6 respondents (100%). Based on the results of the Rho Spearman correlation test, the results of the significant number or probability value of information (0.000) are much more significant than the standard 0.05 or ( $p < \alpha$ ), then  $H_0$  is rejected  $H_1$  is accepted which means there is a relationship between information and self-care management in Leprosy sufferers in the Guluk-guluk Health Center Work Area.

## DISCUSSION

### Information for Leprosy Patients

Based on the results of research on information on Leprosy sufferers in the Guluk-guluk Health Center Work Area, it shows that almost half of the respondents' information is sufficient. Information is a way for someone to gain knowledge. The accuracy of the information received depends on who provides it and how the information is provided by an expert, in this case a health worker, then the knowledge obtained will be better, especially if the information is carried out in two directions, two-way interaction between health workers and patients is also important in a better understanding of leprosy (Pujiyanti et al., 2020) In this interaction, sufferers can ask questions and share experiences that allow them to understand the information better. Thus, the information conveyed is not only knowledge, but can also be applied in the daily lives of sufferers including in efforts to provide better self-care (Rohmawati, 2020). Information is the result of data processing that provides meaning or usefulness for its use. Data itself is a collection of raw facts that do not yet have direct meaning. Thus, information has added value because it can provide a deeper understanding or broader view of a problem or situation. (Arifin & Yudi, 2022). Based on the results of research conducted by (Dianita, 2020) with the title "Comparison of Determinants of Leprosy Incidence in Urban and Rural Communities" shows that respondents with low levels of knowledge due to lack of information have a greater risk of contracting leprosy and delays in treatment and the results of statistical tests found a relationship between the level of knowledge and the incidence of leprosy.

From the results of the study, it was stated that respondents in the treatment were not appropriate, this would have an impact on the resistance of leprosy bacteria (Adams, 2021). The lack of knowledge of respondents about how to treat leprosy in addition to the very long travel time so that respondents are less willing to check themselves at health services and the health center has never provided counseling about leprosy. Respondents with good

knowledge have complete sources of information from the mass media and the existence of counseling and socialization will have an impact on respondents' knowledge of leprosy. Leprosy is very closely related to knowledge where leprosy often occurs in patients who have low knowledge (van 't Noordende et al., 2019). Because of ignorance, they do not immediately check themselves at the health center or other health services to get good information so that leprosy sufferers ignore their disease which will later result in delayed treatment and disability. Lack of information about leprosy can cause sufferers to have limited understanding of the disease. This can affect their health status and response to necessary actions, such as self-care management (Putri et al., 2022). Providing information such as health education and counseling about leprosy is very important in providing proper understanding to leprosy sufferers. Through health education, leprosy sufferers can gain sufficient knowledge about their disease, including symptoms, how it is transmitted, proper treatment, and steps they can take to better manage their condition (Correia et al., 2019). With good information, leprosy sufferers can also understand how important it is to comply with treatment. This can prevent more severe impacts, such as disability associated with lack of proper care and self-care management. In addition, information about leprosy can also help leprosy sufferers to better care for organs that have been injured. Correct and accurate information to leprosy sufferers also reduces the negative impacts that can arise due to lack of knowledge about this disease.

### **Self-Care Management in Leprosy Patients**

Based on the results of research on Self-care management in leprosy patients in the Guluk-guluk Health Center Working Area, it shows that almost half of the respondents have sufficient self-care management. Self-care management is a philosophy that encourages individuals to take full control of their health by directing behavioral changes through therapeutic techniques (Lawless et al., 2021). Through a deep understanding of personal health needs and challenges, self-care management allows individuals to develop self-control skills that help them maintain behaviors that support physical, mental, and emotional well-being. Thus, self-care management becomes the foundation for disease prevention, management of medical conditions, and general efforts to improve quality of life holistically. (Khasanah, 2021). Self-care management is a form of behavior that is influenced by external factors, such as the surrounding environment, and internal factors, namely factors that come from within oneself. One of the main internal factors that can influence self-care management is individual awareness of the importance of self-care, awareness of one's own health condition can strengthen the desire to maintain optimal health and quality of life. (Hikmah et al., 2019).

This research is in accordance with research (Sri Wardani, 2018) with the title "The Relationship between Self-Care and the Incidence of Leprosy Disability" which shows that there is a relationship between self-care and the incidence of leprosy disability. The results of the study state that leprosy sufferers who do not do self-care management are more likely to experience more severe conditions resulting in leprosy disability compared to those who do self-care management. This self-care management greatly influences the severity of leprosy, where self-care management is a component of disability prevention, and these prevention efforts can be carried out both when leprosy sufferers do self-care properly. Many ways are done to prevent the worsening of leprosy such as doing self-care management in leprosy sufferers covering various aspects, such as maintaining personal and environmental hygiene, consuming nutritious food, following prescribed treatment regularly and monitoring the development of the disease, if there are abnormalities in the skin such as tinea versicolor or itchy reddish spots and there is a lack of feeling or numbness immediately go to the health

center or health workers so that it can be treated immediately and there is no delay in treatment and the risk of leprosy severity leading to disability is smaller (Celiktemur et al., 2021). Self-care management has a close relationship with leprosy sufferers because it plays an important role in managing their health conditions. Leprosy sufferers need to carry out self-care management regularly and consistently to control their disease, prevent complications, and improve their quality of life. Through self-care management, leprosy sufferers can understand their health conditions better and take the necessary actions to maintain their health, self-care management can also provide leprosy sufferers with a sense of control and independence over their health conditions, thereby helping to improve their overall quality of life (Susanto et al., 2022).

### **The Relationship Between Information and Self-Care Management in Leprosy Patients**

the relationship between information and self-care management in leprosy patients in the Guluk-guluk health center work area with a positive correlation coefficient, which means that the higher the level of leprosy information, the better the self-care management. Information according to (Tukino, 2020) is data that is processed into something of higher value for the recipient in order to help make a decision. By utilizing information generated from data that has been managed properly, decision makers can make decisions that are more timely, fact-based, and have a positive impact. The definition of information according to (Martin Halomoan Lumbangaol, 2020) is the result of processing relevant data and has benefits for its users. Self-care management is a person's strong ego controller and the ability to make the right decisions in planning care (Lilford, 2021). This involves recognizing personal responsibility in maintaining health and managing chronic conditions independently, including monitoring conditions, managing symptoms, and selecting appropriate treatments (Suprayitno, E., & Damayanti, 2020).

Self-care management is very important because of the importance of patient ability in self-management and disease care. Self-care management is an important key in effective disease management, especially in the context of chronic diseases (Tulu et al., 2021). The ability of patients to manage themselves and care for their own disease can reduce the negative impact of the disease, improve quality of life, and prolong life. With a good understanding of their condition, patients can take preventive measures, follow the recommended treatment plan, and monitor the development of the disease independently, thus minimizing the risk of complications and allowing timely intervention if needed. (Yatilah, R., & Hartanti, 2022). This research is in accordance with research (Bina, S., & Ppni, 2020) shows that there is an influence of providing information through education on the independence of self-care in leprosy patients. This shows a lack of self-care management such as treating wounds, maintaining ROM, and caring for numb parts, both in the cognitive field (knowledge) lack of information can cause knowledge about leprosy to be lacking so that in leprosy sufferers it can cause damage to get worse and vice versa if you have good information with the provision of education about the disease by health workers, the number of independence of leprosy sufferers in carrying out self-care will increase. This study is also in accordance with research (Hidayah et al., 2019) shows that the level of knowledge is related to the practice of self-care for leprosy sufferers. This is caused by the decline in the respondent's thinking ability in the process of receiving education, so that respondents have less information about leprosy and result in limitations in carrying out good self-care management and tend to ignore prevention efforts for a disease experienced including in terms of self-care management carried out by respondents, if the information provided is good, the better the knowledge about leprosy, the better the self-care management carried out.

One aspect that is very important in improving self-care management is information, which has been explained in the explanation above, that providing good information by medical personnel in particular can improve self-care management in leprosy sufferers in order to prevent the spread of prolonged disease and more severe complications. Information greatly influences self-care management in leprosy sufferers, where information helps achieve good self-care management in leprosy sufferers so that they can achieve healing and a better quality of life (Xu et al., 2023). Leprosy sufferers need a good understanding of their health condition, including symptoms, causes, and treatment methods. Correct and accurate information can help leprosy sufferers to make the right decisions in undergoing self-care management.

## **CONCLUSION**

Based on the results and discussion of the study on the relationship between information and self-care management in leprosy patients in the Guluk-guluk health center work area, it can be concluded that most of the information on leprosy patients in the Guluk-guluk health center work area is sufficient, most of the self-care management in leprosy patients in the Guluk-guluk health center work area is sufficient, and there is a relationship between information and self-care management in leprosy patients in the Guluk-guluk health center work area.

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