

2. Manajemen *self-care* (*self-care management*)
  - a. Mengenali tanda dan gejala yang perlu diwaspadai
  - b. Mengevaluasi tindakan yang diperlukan
  - c. Memperhatikan efektivitas pengobatan
3. Kepercayaan diri akan *self-care* (*self-care confidence*)
  - a. Berpikir positif dan berkonsultasi dengan psikolog apabila diperlukan
  - b. Memotivasi diri sendiri melalui perubahan-perubahan kecil yang dapat menjadi gaya hidup
  - c. Melibatkan dukungan dari keluarga dan orang terdekat

### **6.2.3 Untuk Keluarga Pasien**

Kepada keluarga pasien, peneliti menyarankan untuk memberikan dukungan secara intensif kepada pasien agar *self-care* dilaksanakan dengan baik, antara lain melalui:

1. Pemeliharaan *self-care* (*self-care maintenance*)
  - a. Membantu pasien menjadwalkan minum obat dan pertemuan dengan praktisi kesehatan
  - b. Menyediakan makanan sehat dan membantu pasien menjaga pola makan
2. Manajemen *self-care* (*self-care management*)
  - a. Berlatih pertolongan pertama pada pasien
  - b. Mengenali tanda dan gejala pada pasien
3. Kepercayaan diri akan *self-care* (*self-care confidence*)
  - a. Memberikan dukungan emosional
  - b. Melibatkan diskusi untuk meningkatkan efektivitas *self-care*

### **6.2.4 Untuk Penelitian Selanjutnya**

Berdasarkan hasil dari penelitian ini, maka peneliti menyarankan:

1. Melakukan pengembangan metode penelitian longitudinal untuk mengetahui perubahan dan dampak jangka panjang dari intervensi *self-care* pada kualitas hidup pasien jantung koroner.
2. Melakukan eksplorasi akan faktor perancu lainnya yang dapat

mempengaruhi *self-care* dan kualitas hidup pada pasien penyakit jantung koroner, atau signifikan.



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