

ABSTRAK

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HUBUNGAN *SELF-CARE* DENGAN KUALITAS HIDUP PADA PENYAKIT JANTUNG KORONER DI RUMAH SAKIT SILOAM LIPPO VILLAGE

(xvii + 51 halaman: 14 tabel, 6 bagan, 6 lampiran)

Latar Belakang: Penyakit jantung koroner (PJK) merupakan salah satu penyakit kardiovaskular yang berbahaya di Indonesia. PJK dapat berdampak negatif pada kualitas hidup pasien sehingga dibutuhkan upaya peningkatannya. *Self-care* merupakan strategi potensial untuk meningkatkan kualitas hidup pada pasien PJK, dengan mengurangi faktor risiko yang dapat dimodifikasi. Penelitian sebelumnya masih menunjukkan inkonsistensi pengaruh *self-care* terhadap kualitas hidup pasien jantung koroner, sehingga penelitian ini menggunakan desain dan instrumen penelitian yang lebih efektif, yaitu metode survey menggunakan kuesioner spesifik penyakit yang telah terstandarisasi.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan *self-care* dengan kualitas hidup pada pasien Penyakit Jantung Koroner di Rumah Sakit Siloam Lippo Village.

Metode Penelitian: Penelitian ini merupakan studi potong lintang terhadap pasien Penyakit Jantung Koroner di Rumah Sakit Siloam Lippo Village yang tengah melakukan rawat jalan selama bulan Juni – September 2023 berdasarkan metode *purposive sampling* dari kasus klinis dan pasien di sekitar lokasi. Kualitas hidup responden dinilai dengan *Seattle Angina Questionnaire* (SAQ) dan *self-care* responden dinilai dengan *Self-Care of Coronary Disease Inventory* (SC-SCHDI).

Hasil: Hasil: Analisis data yang dikumpulkan menunjukkan adanya hubungan yang

signifikan secara statistik antara praktik perawatan diri dengan kualitas hidup pasien CAD di RS Siloam Lippo Village, yang ditunjukkan dengan nilai p-value sebesar 0,038. Temuan ini menunjukkan bahwa variasi dalam perilaku perawatan diri mungkin berhubungan dengan perbedaan nyata dalam kualitas hidup yang dialami oleh pasien CAD di fasilitas medis tertentu..

Kata Kunci: Kualitas hidup, penyakit jantung koroner, *self-care*



ABSTRACT

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THE RELATIONSHIP OF SELF-CARE WITH QUALITY OF LIFE IN CORONARY HEART DISEASE AT SILOAM LIPPO VILLAGE HOSPITAL

(xvii + 51 pages: 14 tables, 6 charts, 6 appendices)

Background: *Coronary artery disease (CAD) is one of the dangerous cardiovascular diseases in Indonesia. CAD can have a negative impact on patients' quality of life, so efforts are needed to increase it, especially in urban communities with higher CAD risk factors. Self-care is a potential strategy to improve the quality of life in CAD patients by reducing modifiable risk factors. Previous studies still show inconsistencies in the effect of self-care on the quality of life of coronary heart patients, so this study uses a more effective research design and instrument, namely the survey method using a standardized disease-specific questionnaire.*

Objective: *This study aims to determine the relationship between self-care and quality of life in CAD patients at Siloam Lippo Village Hospital.*

Methods: *This is a cross-sectional study of CAD patients at Siloam Lippo Village Hospital who are going through outpatient care during June – September 2023 based on the purposive sampling method of clinical cases and patients around the site. Respondents' quality of life is assessed through Seattle Angina Questionnaire (SAQ) and the respondents' self-care is assessed through Self-Care of Coronary Disease Inventory (SC-SCHDI). The research employs the Seattle Angina Questionnaire (SAQ) to evaluate the quality of life of the respondents, while the Self-Care of Coronary Disease Inventory (SC-SCHDI) is utilized to assess their self-care behaviors. The study's design is cross-sectional, capturing a snapshot of the relationship between self-care and quality of life during the specified period.*

Result: *The analysis of the collected data reveals a statistically significant*

relationship between self-care practices and the quality of life in CAD patients at Siloam Lippo Village Hospital, as indicated by a p-value of 0.038. This finding suggests that variations in self-care behaviors may be associated with discernible differences in the quality of life experienced by CAD patients at the specified medical facility.

Keywords : *Coronary artery disease, quality of life, self-care*

