

SKRIPSI

HUBUNGAN *SELF CARE* DENGAN KUALITAS HIDUP PADA PASIEN PENYAKIT JANTUNG KORONER (PJK) MASA PANDEMI COVID-19 DI RSUD EMBUNG FATIMAH KOTA BATAM

Penelitian Keperawatan Medikal Bedah



**SALMI DIANITA NASUTION
NIM. 2011316048**

**Pembimbing 1
Emil Huriani, S.Kp., MN
Pembimbing 2
Ns. Sidaria, M.Kep**

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
JUNI 2022**

FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
JUNI 2022

Nama : Salmi Dianita Nasution
NIM : 2011316048

Hubungan *Self Care* dengan Kualitas Hidup pada Pasien Penyakit Jantung Koroner (PJK) Masa Pandemi COVID-19 di RSUD Embung Fatimah Kota Batam

ABSTRAK

Penyakit jantung koroner (PJK) merupakan penyakit kronis dengan angka morbiditas dan mortalitas tertinggi di dunia bahkan di Indonesia. Ketidakmampuan untuk mengendalikan faktor risiko dari penyakit jantung koroner (PJK) dapat diatasi dengan melakukan *self care* yang adekuat sehingga kualitas hidup dapat meningkat. Tujuan penelitian ini adalah untuk mengidentifikasi hubungan antara *self care* dengan kualitas hidup pada pasien dengan penyakit jantung koroner (PJK) masa pandemi COVID-19 di RSUD Embung Fatimah Kota Batam. Penelitian ini menggunakan *cross sectional study* dengan jumlah sampel sebanyak 86 responden. Sampel dipilih menggunakan teknik *nonprobability sampling* dengan pendekatan *accidental sampling* dan dianalisis menggunakan uji korelasi *Pearson Product Moment*. Instrumen yang digunakan *Self-Care of Coronary Heart Disease Inventory (SCCHID)* dan *World Health Organization Quality Of Life (WHOQOL-BREF)*. Hasil penelitian menunjukkan nilai rata-rata *self care* 55,24 dan kualitas hidup 53,94 kesimpulan rata-rata *self care* dan kualitas hidup berada pada tingkat sedang. Hasil analisis statistik ditemukan terdapat hubungan *self care* dengan kualitas hidup ($p < 0,001$) dengan korelasi kuat ($r = 0,719$) dan arah positif. Diharapkan kepada pihak rumah sakit dapat meningkatkan edukasi secara rutin/berkala dan memfasilitasi promosi kesehatan serta memotivasi pasien dan keluarga untuk selalu melakukan *self care* sehingga dapat meningkatkan kualitas hidup pada pasien PJK.

Kata Kunci : Kualitas hidup, Penyakit jantung koroner (PJK), *Self care*

Daftar Pustaka : 73 (1996-2022)

FACULTY OF NURSING
ANDALAS UNIVERCITY
JUNE 2022

Name : Salmi Dianita Nasution
NIM : 2011316048

The Relationship of Self Care with Quality of Life of Coronary Heart Disease (CHD) Patients in Pandemi COVID-19 at RSUD Embung Fatimah Batam

ABSTRACT

Coronary heart disease (CHD) is a chronic disease with the highest morbidity and mortality rates in the world, even in Indonesia. The inability to control risk factors for coronary heart disease (CHD) can be overcome by performing adequate self-care so that the quality of life can improve. The purpose of this study was to identify the relationship between self care and quality of life in patients with coronary heart disease (CHD) during the COVID-19 pandemic at Embung Fatimah Hospital, Batam. This study used a cross sectional study with a total sample of 86 respondents. The sample was selected using a non-probability sampling technique with an accidental sampling approach and analyzed using the Pearson Product Moment correlation test. The instruments used are Self-Care of Coronary Heart Disease Inventory (SCCHID) and World Health Organization Quality Of Life (WHOQOL-BREF). The results showed that the average self-care value was 55.24 and the quality of life was 53.94. The conclusion was that the average self-care and quality of life were at a moderate level. The results of statistical analysis found that there was a relationship between self care and quality of life ($p < 0.001$) with a strong correlation ($r = 0.719$) and a positive direction. It is hoped that the hospital can improve education regularly/periodically and facilitate health promotion as well as motivate patients and families to always do self-care so that they can improve the quality of life in CHD patients.

Keywords : Quality of life, Coronary heart disease, Self care

Bibliography : 73 (1996-2021)