

**FAKULTAS KEPERAWATAN**

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**Nama : Dwi Noviyani**

**No.BP : 1210323034**

**Hubungan Kepatuhan Penatalaksanaan Dengan Kualitas Hidup Penderita Asma di Puskesmas Air Dingin Padang**



**ABSTRAK**

Kualitas hidup penderita asma masih banyak yang rendah. Hal ini dapat terjadi dikarenakan penatalaksanaan asma yang kurang tepat. Penelitian ini bertujuan mengetahui hubungan kepatuhan penatalaksanaan dengan kualitas hidup penderita asma di puskesmas Air Dingin Padang. Desain penelitian *cross sectional* dengan teknik pengambilan sampel *Nonprobability sampling: Accidental Sampling* dengan besar sampel 47 orang. Penelitian ini menggunakan instrumen kuisioner *Asthma Control Test, Medication Adherence Report Scale*, penatalaksanaan nonfarmakologis yang dibuat peneliti dan *Asthma Quality of Life*. Analisis univariat didapatkan lebih dari setengah penderita asma tidak patuh dalam penatalaksanaan asmanya sebanyak 25 responden (53,2%) dan sebagian besar memiliki kualitas hidup sedang sebanyak 33 responden (70,2%). Analisis bivariat didapatkan nilai  $p = 0,000$  artinya  $p.value < \alpha (0,05)$  menunjukkan ada hubungan kepatuhan penatalaksanaan asma dengan kualitas hidup penderita asma. Kepatuhan penderita asma terhadap penatalaksanaan asmanya akan berpengaruh terhadap kualitas hidupnya. Penderita asma agar meningkatkan kepatuhan terhadap penatalaksanaan asmanya sehingga dengan ini penderita asma dapat melakukan aktivitas sehari-hari tanpa terganggu oleh asmanya.

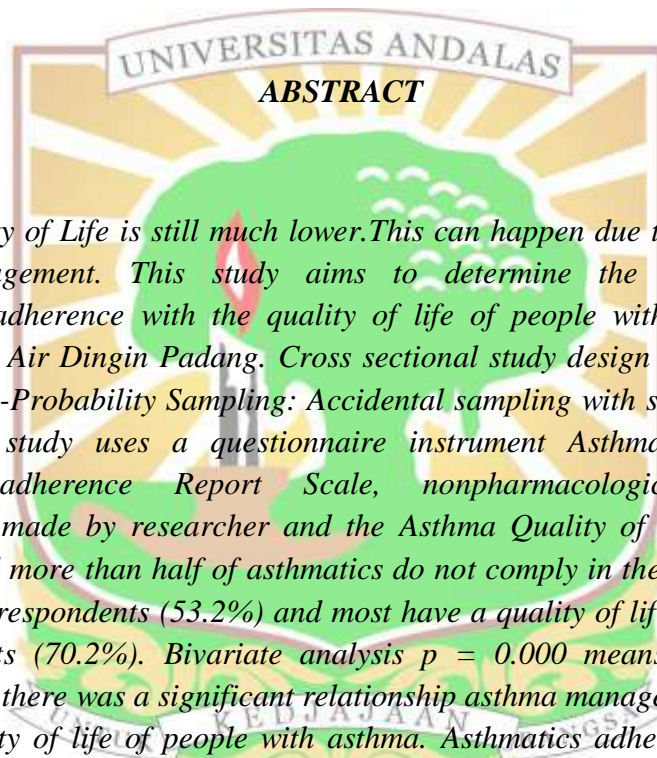
Kata kunci : Asma, Kualitas Hidup, Penatalaksanaan  
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**FACULTY OF NURSING  
ANDALASUNIVERSITY  
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**Name :Dwi Noviyani**

**No.BP : 1210323034**

***Relationship of Management Adherence With Asthma Quality of Life  
at The Health Center Air Dingin Padang***



*Asthma Quality of Life is still much lower. This can happen due to lack of proper asthma management. This study aims to determine the relationship of management adherence with the quality of life of people with asthma at the Health Center Air Dingin Padang. Cross sectional study design with a sampling technique Non-Probability Sampling: Accidental sampling with sample size of 47 people. This study uses a questionnaire instrument Asthma Control Test, Medication adherence Report Scale, nonpharmacologic management questionnaire made by researcher and the Asthma Quality of Life. Univariate analysis found more than half of asthmatics do not comply in the management of asthma by 25 respondents (53.2%) and most have a quality of life were a total of 33 respondents (70.2%). Bivariate analysis  $p = 0.000$  means  $p.value < \alpha$  (0.05) showed there was a significant relationship asthma management adherence with the quality of life of people with asthma. Asthmatics adherence to asthma treatment will affect their quality of life. Asthmatics in order to improve adherence to asthma management so with asthmatics can perform daily activities without being disturbed by asthma.*

**Keywords : Asthma, Quality of Life, Asthma Management**

**Bibliography : 74 (2002 - 2016)**