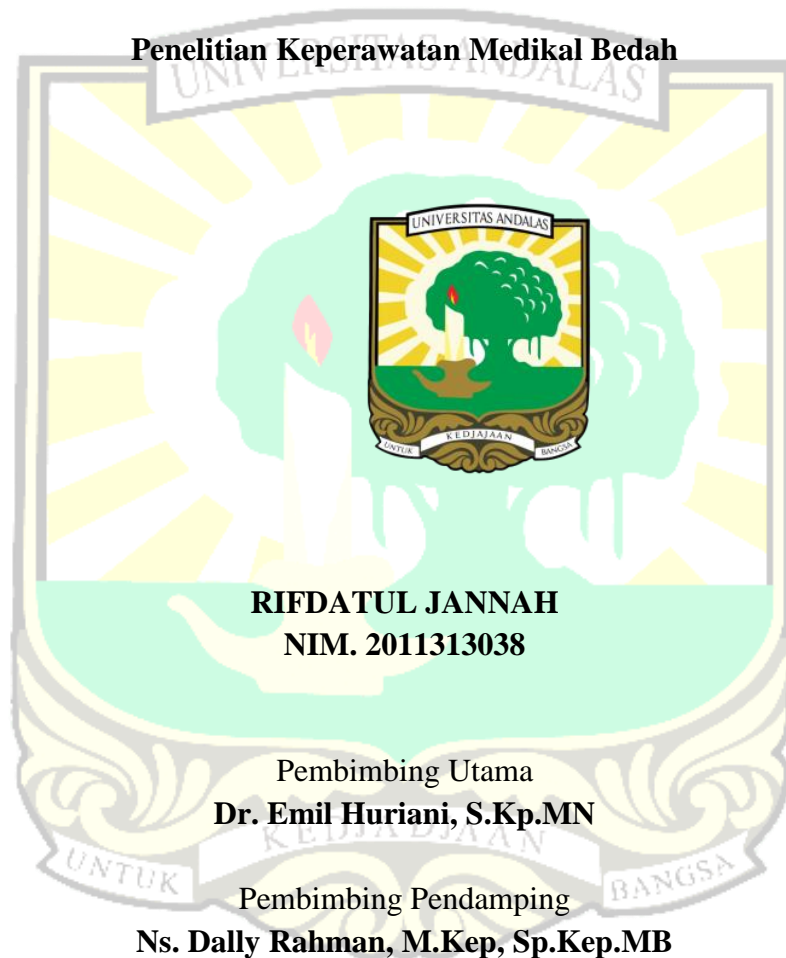


SKRIPSI

**HUBUNGAN PERAWATAN DIRI DAN DUKUNGAN KELUARGA
DENGAN KUALITAS HIDUP PASIEN PENYAKIT JANTUNG
KORONER DI RSUP Dr. M. DJAMIL PADANG**

Penelitian Keperawatan Medikal Bedah



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**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2024**

**FAKULTAS KEPERAWATAN
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MEI 2024**

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Hubungan Perawatan Diri dan Dukungan Keluarga dengan Kualitas Hidup Pasien
Penyakit Jantung Koroner di RSUP Dr. M. Djamil Padang

ABSTRAK

Abstrak

Penyakit jantung koroner disebabkan oleh terjadinya aterosklerosis dan menyumbang 85% kematian akibat kasus penyakit kardiovaskular. Penyakit jantung koroner dapat menurunkan kualitas hidup pasien. Salah satu aspek penting dalam mempengaruhi kualitas hidup pada pasien jantung koroner agar lebih baik yaitu dengan perawatan diri dan dukungan keluarga pada pasien penyakit jantung koroner tetapi hal ini sering terabaikan. Tujuan dari penelitian ini yaitu untuk mengetahui hubungan perawatan diri dan dukungan keluarga dengan kualitas hidup pasien penyakit jantung koroner RSUP Dr. M. Djamil Padang. Metode yang digunakan pendekatan *cross-sectional* dengan jumlah sampel sebanyak 303 responden. Sampel dipilih menggunakan teknik *nonprobability sampling* dengan pendekatan *purposive sampling*. Instrumen yang digunakan Self-Care of Coronary Heart Disease Inventory (SCCHID), kuesioner dukungan keluarga, dan kuesioner MacNew Heart Disease Health-related Quality of Life (MacNew QLMI). Analisis data yang digunakan yaitu uji *rank spearman* dan uji *chisquare*. Hasil penelitian menunjukkan nilai rata-rata perawatan diri 64.95, dukungan keluarga terhadap pasien penyakit jantung koroner baik, dan kualitas hidup pasien penyakit jantung koroner baik. Hasil analisis statistik ditemukan bahwa terdapat hubungan perawatan diri dengan kualitas hidup ($p\text{ value} = 0,000$) dengan korelasi kuat $r = 0,573$ dan arah positif, serta terdapat hubungan dukungan keluarga dengan kualitas hidup pasien penyakit jantung koroner ($p\text{ value} = 0,000$). Diharapkan bagi profesi keperawatan agar meningkatkan peran sebagai motivator dan edukator agar baik terhadap pasien maupun keluarga pasien.

Kata Kunci : perawatan diri, dukungan keluarga, kualitas hidup, penyakit jantung koroner
Daftar Pustaka : 76 (2004-2023)

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The Relationship between Self-Care and Family Support and the Quality of Life of Coronary Heart Disease Patients at RSUP Dr. M. Djamil Padang

ABSTRACT

Coronary heart disease is caused by atherosclerosis and accounts for 85% of deaths due to cases of cardiovascular disease. Coronary heart disease can reduce the patient's quality of life. One important aspect in influencing the quality of life for coronary heart disease patients is self-care and family support for coronary heart disease patients, but this is often overlooked. The aim of this study was to determine the relationship between self-care and family support and the quality of life of coronary heart disease patients at Dr. RSUP. M. Djamil Padang. The method used was a cross-sectional approach with a sample size of 303 respondents. The sample was selected using a nonprobability sampling technique with a purposive sampling approach. The instruments used were the Self-Care of Coronary Heart Disease Inventory (SCCHID), the family support questionnaire, and the MacNew Heart Disease Health-related Quality of Life (MacNew QLMI) questionnaire. The data analysis used was the Spearman rank test and chisquare test. The research results showed that the average value of self-care was 64.95, family support for coronary heart disease patients was good, and the quality of life for coronary heart disease patients was good. The results of the statistical analysis found that there was a relationship between self-care and quality of life (p value = 0.000) with a strong correlation $r = 0.573$) and a positive direction, and there was a relationship between family support and the quality of life of coronary heart disease patients (p value = 0.000). It is hoped that the nursing profession will increase its role as a motivator and educator so that it is good for patients and patient families.

Keywords: self-care, family support, quality of life, coronary heart disease
Bibliography : 76 (2004-2023)

