

Analisis faktor yang berhubungan dengan manajemen energi pasien heart failure di Rumah Sakit Jantung dan Pembuluh Darah Harapan Kita Jakarta = An analysis of the factors dealing with energy management of the patients with heart failure in Harapan Kita Cardiovascular Hospital Jakarta

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Abstrak

Pasien heart failure sering mengalami masalah intoleransi aktifitas dan kelelahan yang membutuhkan intervensi manajemen energi untuk menghasilkan toleransi aktifitas, ketahanan, konservasi energi, dan self-care activity daily living. Penelitian bertujuan menganalisis faktor-faktor yang berhubungan dengan manajemen energi pasien heart failure. Desain cross sectional, sampel 132 responden, teknik consecutive sampling.

Hasil menunjukkan hubungan signifikan antara pengetahuan, ansietas, dan dukungan sosial dengan manajemen energi, dan ansietas menjadi faktor dominan. Penelitian ini merekomendasikan untuk meningkatkan pengetahuan, menurunkan ansietas, dan meningkatkan dukungan sosial pasien heart failure, sehingga diharapkan dapat meningkatkan manajemen energi pasien heart failure.

.....Patients with heart failure often experienced activity intolerance and fatigue which need energy management intervention in order to gain activity tolerance, endurance, energy conservation, and self-care; activity daily living. This research aims was analyzing the factors dealing with energy management of the patients with heart failure. This research was using cross-sectional design and consecutive sampling technique with 132 respondents.

The finding of this research showed a significant association between knowlege, anxiety, and social support factors with energy management, among these variables anxiety becomes the dominant factor. This study recommends to improve knowledge, reduce anxiety and improve social support of the heart failure patients, which is expected to improve energy management of the heart failure patients.