

## Hubungan Perilaku Self-care terhadap Kualitas Hidup Pasien Gagal Jantung = The relationship between self-care behaviour and quality of life among heart failure patients

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### Abstrak

Gagal jantung merupakan pandemik global yang menyebabkan tingginya biaya perawatan, angka mortalitas, dan tingkat rehospitalisasi. Perilaku self-care merupakan salah satu upaya untuk mengurangi permasalahan tersebut sekaligus memperbaiki kualitas hidup pasien gagal jantung. Penelitian ini bertujuan untuk mengetahui hubungan perilaku self-care terhadap kualitas hidup pasien gagal jantung. Penelitian ini menggunakan desain deskriptif-korelasional dengan pendekatan cross-sectional pada 103 responden dengan teknik pengambilan sampel purposive sampling. Perilaku self-care diukur menggunakan tiga skala dimensi yang terdiri dari self-care maintenance, self-care management, dan self-care confidence dengan Self-care Heart Failure Index versi 6.2 dan kualitas hidup diukur dengan The Minnesota Living with Heart Failure Questionnaire. Data dianalisis dengan korelasi Pearson dan korelasi Spearman-rho. Hasil penelitian ini menemukan bahwa terdapat hubungan signifikan self-care maintenance ( $r=0,305$ ,  $p=0,001$ ), self-care management ( $r=0,330$ ,  $p=0,001$ ), dan self-care confidence ( $r=0,335$ ,  $p=0,001$ ) terhadap kualitas hidup. Mayoritas responden memiliki self-care maintenance, self-care management, dan self-care confidence yang tidak adekuat (skor < 70) serta kualitas hidup dengan rerata skor 72,07 dari 105 yang tergolong buruk. Penelitian ini dapat dijadikan sebagai sumber informasi untuk mendorong promosi kesehatan terkait perilaku self-care pada pasien gagal jantung sehingga dapat meningkatkan kualitas hidupnya.

Heart failure is a global pandemic disease which resulting in the high percentage of treatment cost, mortality, and readmission rate. Self-care behaviors as one of treatment that can overcome those problems and it can affect the quality of life. The objective of this study was to describe the relationship between self-care behaviors and quality of life among heart failure patients. This study used correlational-descriptive design with cross-sectional study approach towards 103 participants using purposive sampling method. Self-care was measured using Self-care Heart Failure Index version 6.2 and quality of life was measured using The Minnesota Living with Heart Failure. Pearson correlations and Spearman-rho correlations were used in data analysis. There was significant relationship between self-care maintenance ( $r=0,305$ ,  $p=0,001$ ), self-care management ( $r=0,330$ ,  $p=0,001$ ), and self-care confidence ( $r=0,335$ ,  $p=0,001$ ) towards quality of life. Most participants have inadequate among self-care maintenance, self-care management, and self-care confidence (score < 70) while the score of the quality of life is categorized as poor. This study can be used as a reference to promote self-care among patients with heart failure so, it can help to enhance their quality of life.