

# Analisis faktor yang berhubungan dengan self-care pada pasien sindrom koroner akut yang telah menjalani intervensi koroner perkutan = Analysis of Factors Associated with Self-Care in Acute Coronary Syndrome Patients Undergoing Percutaneous Coronary Intervention

Marina Ulfa, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920518807&lokasi=lokal>

---

## Abstrak

Self-care merupakan bagian penting dalam upaya peningkatan kualitas hidup pada pasien sindrom koroner akut yang telah menjalani intervensi koroner perkutan. Self-care adalah pengambilan keputusan secara natural oleh individu dalam berperilaku untuk mempertahankan kestabilan fisiologis tubuhnya dan sebagai respon terhadap tanda dan gejala yang terjadi pada diri individu. Keadekuatan individu dalam melakukan self-care dapat dipengaruhi oleh berbagai faktor internal maupun eksternal dari individu. Identifikasi faktor tersebut menjadi bagian penting untuk memberikan asuhan keperawatan mengenai self-care yang efektif. Penelitian ini bertujuan untuk mengidentifikasi hubungan dari karakteristik responden: usia, jenis kelamin, pendidikan, pekerjaan, penghasilan, pengetahuan, dukungan keluarga, kecemasan, depresi dan literasi kesehatan pasien sindrom koroner akut yang telah menjalani intervensi koroner perkutan meliputi: usia, jenis kelamin, terhadap self-care. Desain penelitian menggunakan cross sectional survey pada 121 responden yang diambil dengan teknik consecutive sampling di Poliklinik Jantung. Penelitian menggunakan kuesioner SC-CHDI (self-care coronary heart disease inventory) dalam mengukur self-care responden. Hasil penelitian menunjukkan usia ( $p=0,273$ ), pendidikan ( $p=0,004$ ), dukungan keluarga ( $p=0,009$ ), kecemasan ( $0,015$ ), depresi ( $p=0,000$ ), pengetahuan ( $p=0,003$ ) dan literasi kesehatan ( $p=0,005$ ) berhubungan dengan self-care individu secara signifikan. Responden yang bekerja dan tidak mengalami depresi memiliki self-care yang lebih adekuat

.....Self-care is an important part in efforts to improve the quality of life in acute coronary syndrome patients who have undergone percutaneous coronary intervention. Self-care is a natural decision making by individuals in behaving to maintain the physiological stability of their bodies and in response to signs and symptoms that occur in individuals. Individual adequacy in performing self-care can be influenced by various internal and external factors of the individual. Identification of these factors is an important part of providing nursing care regarding effective self-care. This study aims to identify the relationship of respondent characteristics: age, gender, education, occupation, income, knowledge, family support, anxiety, depression and health literacy of acute coronary syndrome patients who have undergone percutaneous coronary intervention including: age, gender, to self-care. The research design used a cross sectional survey on 121 respondents who were taken with consecutive sampling technique at the Cardiac Polyclinic. The study used the SC-CHDI (self-care coronary heart disease inventory) questionnaire in measuring respondents' self-care. The results showed age ( $p = 0.273$ ), education ( $p = 0.004$ ), family support ( $p = 0.009$ ), anxiety ( $0.015$ ), depression ( $p = 0.000$ ), knowledge ( $p = 0.003$ ) and health literacy ( $p = 0.005$ ) was significantly associated with individual self-care. Respondents who work and do not experience depression have more adequate self-care