

Pengaruh Latihan Aerobik Fase II Terhadap Kualitas Hidup Menggunakan Kuesioner Minnesota Living With Heart Failure Pada Gagal Jantung Kronik Stabil = The Effect of Aerobic Exercise in Phase II on Quality of Life Using Minnesota Living With Heart Failure Questionnaire in Stable Chronic Heart Failure

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Abstrak

Objektif: Penelitian ini bertujuan untuk mengetahui karakteristik subjek penelitian dan pengaruh latihan aerobik selama delapan minggu terhadap perbaikan kualitas hidup menggunakan kuesioner Minnesota Living with Heart Failure (MLHF). **Metode:** Penelitian ini adalah studi pre dan post latihan aerobik pada pasien gagal jantung kronik stabil. Subjek penelitian melakukan latihan berjalan tiga kali seminggu dengan intensitas sesuai Rating of Perceived Exertion 12-13, durasi latihan dimulai selama 10 menit dengan penambahan jarak 100-200 meter per sesi latihan berdasarkan toleransi subjek selama delapan minggu dan penilaian kualitas hidup menggunakan kuesioner Minnesota Living with Heart Failure dan uji jalan enam menit sebelum dan sesudah latihan aerobik selama delapan minggu. **Hasil:** Jumlah subjek penelitian sebesar 20 subjek (15 laki-laki dan 5 perempuan). Subjek penelitian didominasi oleh lanjut usia (10 orang), sudah menikah (16 orang), riwayat pendidikan DIII/S1 (10 orang), status bekerja (11 orang), obesitas tingkat I (7 orang), kelas fungsional NYHA II (19 orang), kondisi penyerta berupa hipertensi (16 orang) dan gaya hidup sedenter (18 orang). Perbandingan skor kuesioner MLHF sebelum dan sesudah latihan aerobik mengalami perbaikan bermakna secara statistik ($p < 0.001$), dimana skor domain fisik dan domain emosional mengalami perbaikan yang bermakna secara statistik ($p < 0,001$). Perbandingan delta domain fisik dengan delta domain emosional didapatkan bermakna secara statistik ($p < 0,001$). Perbandingan uji jalan enam menit sebelum dan sesudah latihan aerobik bermakna secara statistik ($p < 0,001$). Didapatkan hubungan bermakna secara statistik antara usia ($p = 0,009$) dan status pernikahan ($p = 0,037$) terhadap skor MLHF. **Kesimpulan:** Terdapat perbaikan kualitas hidup pada gagal jantung kronik stabil setelah latihan aerobik fase II selama delapan minggu. Terdapat hubungan pada usia dan status pernikahan terhadap skor MLHF.

.....**Objective:** This study aims to determine the characteristics of study subjects and the impact of aerobic exercise over eight weeks on the improvement of quality of life using the Minnesota Living with Heart Failure (MLHF) questionnaire. **Method:** This is a pre and post-aerobic exercise study on stable chronic heart failure patients. Study subjects engaged in walking exercises three times a week with an intensity based on the Rating of Perceived Exertion of 12-13. Exercise duration started at 10 minutes with an addition of 100-200 meters per exercise session based on the subject's tolerance over eight weeks. Assessment of quality of life was conducted using the Minnesota Living with Heart Failure questionnaire and six-minute walking test before and after aerobic exercise for eight weeks. **Result:** The total number of study subjects was 20 (15 males and 5 females). Study subjects were predominantly elderly (10 individuals), married (16 individuals), with a Diploma/Bachelor education background (10 individuals), employed (11 individuals), categorized as class I obesity (7 individuals), NYHA functional class II (19 individuals), having hypertension comorbidity (16 individuals), and leading a sedentary lifestyle (18 individuals). Comparison of MLHF questionnaire scores before and after aerobic exercise showed a statistically significant improvement ($p < 0.001$), with

significant improvements in both physical and emotional domains ($p < 0.001$). Comparison of the delta in the physical domain and the emotional domain was also statistically significant ($p < 0.001$). Comparison of the six-minute walking test before and after aerobic exercise was statistically significant ($p < 0.001$). There was a statistically significant association between age ($p = 0.009$) and marital status ($p = 0.037$) with MLHF scores. Conclusion: There was an improvement of quality of life in stable chronic heart failure patients after aerobic exercise in phase II for eight weeks. There was a significant association between age and marital status with MLHF scores.