

## Hubungan uji jalan 6 menit dengan kualitas hidup yang dinilai dengan SF-36 pada pasien gagal jantung kronis stabil = Correlation between six minute walk test and quality of life measured using the short form 36 on chronic stable heart failure patient

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### Abstrak

Latar Belakang : Pasien gagal jantung mengalami penurunan kapasitas fungsional akibat timbulnya sesak dan kelelahan saat aktifitas. Kondisi ini juga memberikan dampak psikologis berupa depresi dan kecemasan. Masalah fisik dan mental tersebut dapat menurunkan kualitas hidup. Short Form-36 merupakan instrumen yang dapat digunakan untuk menilai kualitas hidup dari aspek fisik dan mental dan bersifat generik.

Tujuan: Mengetahui hubungan kapasitas fungsional melalui uji jalan 6 menit dengan kualitas hidup yang dinilai dengan SF-36.

Metode : Responden penelitian adalah pasien gagal jantung kronis stabil klasifikasi NYHA fungsional kelas II dan III. Setiap responden dianamnesis, dan dilakukan pemeriksaan fisik, kemudian mengisi kuesioner SF-36. Untuk menilai kapasitas fungsional, responden melakukan uji jalan 6 menit pada lintasan sepanjang 30 m.

Hasil : Responden pada penelitian ini berjumlah 36 orang. Nilai tengah jarak tempuh pasien gagal jantung klasifikasi NYHA fungsional kelas II dan III masing-masing 333.65m, dan 123.72 m. Jarak tempuh uji jalan 6 menit memiliki hubungan dengan kualitas hidup yang dinilai dengan SF-36 pada domain Fungsi Fisik ( $r=0.527$ ), Peran Fisik ( $r=0.459$ ) dan Peran Emosi ( $r = 0.35$ ).

Kesimpulan : Terdapat korelasi sedang antara kapasitas fungsional pasien gagal jantung kronis stabil klasifikasi NYHA fungsional kelas II dan III dengan kualitas hidup pada domain Fungsi Fisik, Peran Fisik dan Peran Emosi.

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Background : Heart failure patients experience reduced functional capacity due to dyspnea and fatigue during activity. The condition also cause psychological problems such as depression and anxiety. Both the mental and physical ailments results in decreased quality of life. The Short Form-36 (SF-36) is a generic assessment tool that can be utilized to measure quality of life from both the physical and mental aspect.

Objective : To measure the correlation between the functional capacity measured using the 6-minute walk test and the quality of life measured using the SF-36.

Methods : The study subjects are chronic stable heart failure patients with New York Heart Association (NYHA) functional class II and III. Each subjects were interviewed, examined, and asked to fill the SF-36 questionnaire. The 6-minute walk test was performed on a 30m long track to measure the functional capacity.

Results : A total of 36 subjects were included in the study. The median for the total distance walked of heart failure patient with NYHA functional class II and III are 333.65m and 123.72 m. The total distance walked in 6-minute walk test and the quality of life measured using the SF-36 have correlation in the domain of Physical Function ( $r = 0.527$ ), Role-Physical ( $r = 0.459$ ) and Role-Emotional ( $r = 0.35$ ).

Conclusion : There is a moderate positive correlation between the functional capacity of chronic stable heart

failure patient with NYHA functional class II and III with the quality of life in the domain of Physical Function, Role-Physical and Role-Emotional.