

# Pengaruh spiritual well-being dan illness perception terhadap health-related quality of life pasien jantung: kecenderungan depresi sebagai mediator = The effect of spiritual well-being and illness perception on health-related quality of life in heart disease patients: depressive symptoms as a mediator

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## Abstrak

Health-related quality of life (HRQoL) memiliki peranan yang penting bagi pasien jantung. HRQoL pada pasien jantung bisa ditingkatkan dengan melihat faktor-faktor yang menjadi prediktornya, seperti spiritual well-being, illness perception, dan kecenderungan depresi. Penelitian ini melihat lebih jauh apakah spiritual well-being (SWB) dan illness perception (IP) memengaruhi HRQoL secara signifikan dan kecenderungan depresi memediasi hubungan antara SWB dengan HRQoL dan hubungan IP dengan HRQoL secara signifikan. Sebanyak 161 partisipan yang memiliki penyakit jantung terlibat dalam penelitian ini. Setiap partisipan mendapatkan tiga alat ukur yang berbeda, yaitu FACIT-Sp (spiritual well-being), Brief IPQ (illness perception), dan PHQ-2 (kecenderungan depresi). Hasil penelitian menunjukkan bahwa spiritual well-being ( $B=14,415$ ,  $p=0,000$ ) dan illness perception ( $B=-7,8838$ ,  $p=0,000$ ) menjadi prediktor yang signifikan terhadap HRQoL. Sementara itu, kecenderungan depresi tidak memediasi hubungan spiritual well-being dengan HRQoL ( $effect=1,0934$ ), namun menjadi mediator yang signifikan dalam hubungan illness perception dengan HRQoL ( $effect=-2,0332$ ). Hasil penelitian ini bermanfaat untuk penyusunan intervensi bagi pasien jantung agar dapat meningkatkan kualitas hidup dan keberfungsian.

**Kata kunci:** spiritual well-being, illness perception, kecenderungan depresi, HRQoL

Health-Related Quality of Life (HRQoL) is the most important thing to be considered as a treatment for heart disease patients. There are some variables to be considered as significant predictors of HRQoL such as spiritual well-being, illness perception, and depressive symptoms. Based on previous research, spiritual well-being (SWB) and illness perception (IP) significantly predicted heart disease patients HRQoL. Depressive symptoms variable can be a mediator for explaining the relationship between SWB and HRQoL and IP and HRQoL's relationship. The main aim of this research is to investigate whether SWB and IP are significant for predicting heart disease patients HRQoL and depressive symptoms is a significant mediator for explaining those relationships. This research involves  $n=161$  heart disease patients with minimum of age 18. Every patient is measured using three measurements. The measurements include FACIT-Sp (spiritual well-being), Brief IPQ (illness perception), and PHQ-2 (depressive symptoms). The result shows that spiritual well-being ( $B=14,415$ ,  $p=0,000$ ) and illness perception ( $B=-7,8838$ ,  $p=0,000$ ) predict HRQoL's patients. Depressive symptoms does not mediate significantly the relationship between SWB and HRQoL ( $effect=1,0934$ ), but it mediates the relationship between IP and HRQoL significantly ( $effect=-2,0332$ ). This research can be used for medical worker in designing intervention for heart disease patients.