

## Analisis Faktor yang Berhubungan dengan Kemampuan Self-care Pasien Gagal Jantung di RSUP Dr Sardjito Yogyakarta = Factors related to self-care ability of patients with Heart Failure at Dr Sardjito Central Hospital, Yogyakarta.

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### Abstrak

Self-care pasien gagal jantung merupakan fokus utama strategi non farmakologi dalam menurunkan angka morbiditas, mortalitas, rehospitalisasi dan meningkatkan kualitas hidup. Kemampuan self-care pasien jantung masih rendah. Penelitian ini bertujuan untuk mengenali faktor yang berhubungan dengan kemampuan self-care pasien gagal jantung. Penelitian ini merupakan penelitian kuantitatif dengan desain deskriptif analitik dengan pendekatan cross sectional yang melibatkan 132 responden. Analisa data menggunakan analisis deskriptid, uji Chi Square dan regresi logistik. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki kemampuan self-care maintenance yang tidak adekuat, tetapi memiliki kemampuan self-care monitoring dan self-care management yang adekuat. Karakteristik sosiodemografik responden menunjukkan bahwa sebagian besar dewasa akhir yang berumur 46-65 tahun, laki laki, berpendidikan tinggi, penghasilan yang cukup; dan secara karakteristik klinis memiliki derajat gagal jantung kelas fungsional NYHA 2, FEVki > 50 %, lama sakit > 3 tahun dan memiliki ko-morbid ringan. Sebagian besar responden memiliki tingkat pengetahuan baik, efikasi diri adekuat, tidak depresi dan dukungan pelaku rawat di keluarga yang adekuat. Terdapat hubungan yang signifikan antara derajat gagal jantung, lama sakit, ko-morbid dan efikasi diri dengan kemampuan self-care maintenance, dimana derajat gagal jantung adalah faktor yang paling dominan. Terdapat hubungan yang bermakna antara derajat gagal jantung, ko-morbid, pengetahuan dan dukungan pelaku rawat di keluarga dengan kemampuan self-care monitoring, dimana faktor yang paling dominan adalah derajat gagal jantung. Terdapat hubungan yang bermakna antara efikasi diri dan dukungan pelaku rawat di keluarga dengan kemampuan self-care management, dimana efikasi diri adalah faktor yang paling dominan. Perlunya dilakukan intervensi keperawatan spesifik terkait gagal jantung pada pasien untuk meningkatkan kemampuan self-care.

.....Self-care of heart failure patients is a main focus of non-pharmacological strategies to decrease morbidity, mortality, rehospitalization, and improve quality of life. Self-care ability of heart failure patients is still low. This study aims to identify factors related to self-care ability of patients with heart failure. This is a quantitative study with a descriptive analytic design using a cross sectional approach involving 132 respondents. Data were analyzed using descriptive analytic, Chi Square and logistic regression test. The results showed that most of the respondents have inadequate self-care maintenance, but have adequate self-care monitoring and self-care management abilities. Sociodemographic characteristics indicated that most of the respondents are late adulthood aged 46-65 years, male, have a fairly high income; and clinically characterized by a degree of heart failure NYHA functional class 2, LVEF > 50%, duration of illness > 3 years and have mild co-morbidities. Most of the respondents have a good level of knowledge, adequate self-efficacy, are not depressed and have adequate support from caregivers in their families. There is a significant relationship between the degree of heart failure, duration, co-morbidities and self-efficacy with self-care maintenance ability, whereas the degree of heart failure is the most dominant factor. There is a

significant relationship between the degree of heart failure, co-morbidities, knowledge and support of caregivers in the family with the self-care monitoring ability, meanwhile the most dominant factor is the degree of heart failure. There is a significant relationship between self-efficacy and caregiver support in the family with self-care management ability, and self-efficacy is the most dominant factor. Specific nursing interventions related to heart failure need to be carried out to improve self-care abilities.