

# Hubungan Perceived Benefit, Perceived Barrier, dan Dukungan Sosial terhadap Perawatan Diri setelah Operasi CABG = Relationship of Perceived Benefit, Perceived Barrier and Social Support to Patient Self-Care After CABG Surgery

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## Abstrak

Operasi CABG merupakan salah satu penanganan bedah pada PJK dan meningkatkan kualitas pasien kehidupan baik. Namun pasien yang telah menjalani CABG tetap berisiko untuk kejadian iskemik. Pencegahan sekunder kardiovaskular memainkan peran penting untuk mempertahankan jangka panjang patensi cangkok, memperlambat proses aterosklerotik, dan mencegah hasil kardiovaskular yang merugikan. Perubahan perilaku dipengaruhi oleh keyakinan seseorang untuk berubah dan dukungan disekitarnya. Keyakinan yang dianggap berpengaruh terhadap pola perubahan perilaku adalah perceived benefit dan perceived barrier. Tujuan penelitian ini untuk mengetahui hubungan perceived benefit, perceived barrier dan dukungan sosial terhadap perawatan diri pasien setelah operasi CABG. Metode: desain cross-sectional, dengan jumlah sampel 75 responden, kriteria inklusi: Pasien operasi CABG lebih dari 6 bulan, Usia lebih dari 30 tahun, Hasil analisis terdapat empat hubungan yang bermakna terhadap perawatan diri, didapatkan pendidikan nilai  $p$  0,015, perceived benefit nilai  $p$  0,001, perceived barrier dengan nilai  $p$  0,004, dan dukungan sosial nilai  $p$  0,000. Dan hasil tidak bermakna pada usia nilai  $p$  0.631 dan pengetahuan nilai  $p$  0.418 Jenis kelamin nilai  $p$  0,357. Kesimpulan : terdapat hubungan yang bermakna antara perceived benefit, perceived barrier, dan dukungan sosial terhadap perawatan diri pasien setelah operasi CABG

.....CABG surgery is one of the surgical treatments for CHD and improves the patient's quality of life. However, patients who have undergone CABG remain at risk for ischemic events. Cardiovascular secondary prevention plays an important role in maintaining long-term graft patency, slowing the atherosclerotic process, and preventing adverse cardiovascular outcomes. Behavior change is influenced by a person's belief to change and support around him. The beliefs that are considered to have an effect on the pattern of behavior change are perceived benefits and perceived barriers. The purpose of this study was to determine the relationship of perceived benefit, perceived barrier and social support to patient self-care after CABG surgery. Methods: cross-sectional design, with a sample of 75 respondents, inclusion criteria: CABG surgery patients more than 6 months, age more than 30 years, the results of the analysis there are four significant relationships with self-care, education  $p$  value is 0.015, perceived benefit value  $p$  0.001, perceived barrier with  $p$  value 0.004, and social support  $p$  value 0.000. not significant, namely age  $p$  value 0.631 and knowledge  $p$  value 0.418 Gender  $p$  value 0.357. Conclusion: there is a significant relationship between perceived benefit, perceived barrier, and social support for patient self-care after CABG surgery.