

INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA

FAKULTAS KESEHATAN

PROGRAM STUDI ILMU KEPERAWATAN

Skripsi, juli 2025

Triyana Dewi, Ahmad Syaripudin, Lily Wahyuni Romadhon

ITEKes Mahardika Cirebon, Indonesia

**Hubungan *Self Care* Dengan Kualitas Hidup Pasien Gagal Jantung di
Poliklinik Jantung RSUD Waled Kabupaten Cirebon**

XII + 67 Halaman + 3 Tabel + 2 Bagan + 12 Lampiran

ABSTRAK

Gagal jantung merupakan kondisi kronis dengan gangguan fungsi pompa jantung. Kondisi ini terjadi ketika jantung tidak mampu membawa darah secara efektif untuk memenuhi kebutuhan metabolik tubuh. Gejala umum gagal jantung meliputi kelelahan, sesak napas saat berbaring (orthopnea), dan edema (pembengkakan) akibat penumpukan cairan yang memerlukan manajemen self-care untuk mencegah komplikasi.

Penelitian ini bertujuan menganalisis hubungan self-care dengan kualitas hidup pasien gagal jantung di poliklinik jantung RSUD Waled Kabupaten Cirebon. Sampel terdiri dari 50 pasien menggunakan total sampling. Pengumpulan data dilakukan menggunakan kuesioner SCHFI (Self-Care Heart Failure Index) dan MLHFQ (Minnesota Living with Heart Failure Questionnaire), kemudian dianalisis dengan uji Spearman's rho. Hasil menunjukkan 74% pasien memiliki self-care buruk dan 72% mengalami kualitas hidup rendah. Ditemukan hubungan positif signifikan antara self-care dan kualitas hidup $r=0,443$ dan $p=0,001$, menunjukkan bahwa peningkatan self-care berpotensi meningkatkan kualitas hidup pasien. Penelitian ini merekomendasikan perlunya intervensi peningkatan self-care berbasis dukungan sosial untuk optimalkan manajemen kesehatan pasien.

Kata kunci: gagal jantung, self-care, kualitas hidup, SCHFI, MLHFI

MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH

FACULTY OF HEALTH

NURSING SCIENCE STUDY PROGRAM

Mini Thesis, July 2025

Triyana Dewi, Ahmad Syaripudin, Lily Wahyuni Romadhon

ITEKes Mahardika Cirebon, Indonesia

***The Relationship of Self Care with Quality of Life Patients with Heart Failure
at the Cardiology Outpatient Clinic of RSUD Waled Cirebon Regency***

XII + 67 Pages + 3 Tables + 2 Scheme + 12 Enclousure

ABSTRACT

Heart failure is a chronic condition characterized by impaired cardiac pump function. This occurs when the heart can't effectively pump enough blood to meet the body's metabolic needs. Common symptoms include fatigue, shortness of breath when lying down (orthopnea), and edema (swelling) due to fluid buildup, all of which require self-care management to prevent complications.

This study aims to analyze the relationship between self-care and the quality of life of heart failure patients at the Cardiology Outpatient Clinic of RSUD Waled, Cirebon Regency. The sample consisted of 50 patients selected through total sampling. Data were collected using the SCHFI (Self-Care Heart Failure Index) and MLHFQ (Minnesota Living with Heart Failure Questionnaire) instruments, then analyzed using Spearman's rho test. Results showed that 74% of patients had poor self-care and 72% experienced low quality of life. A significant positive correlation was found between self-care and quality of life ($r=0.443$, $p=0.001$), indicating that improved self-care may enhance patients' quality of life. The study recommends implementing social support-based self-care interventions to optimize patient health management.

Keywords: heart failure, self-care, quality of life, SCHFI, MLHFQ