

ABSTRAK

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Hubungan *Self Management Behavior* dengan *Quality of Life* pada Pasien *Hypertensive Heart Disease* di Ruang Poliklinik RS Siti Khodijah Pekalongan

Hypertensive Heart Disease (HHD) merupakan komplikasi hipertensi kronis yang menimbulkan perubahan struktur fungsional jantung. Penatalaksanaan HHD tidak hanya melalui terapi medis, tetapi juga memerlukan peran aktif pasien dalam manajemen diri. *Self management behavior* berperan penting dalam mengontrol perkembangan penyakit, mencegah komplikasi, serta meningkatkan kualitas hidup. Penelitian ini bertujuan mengetahui hubungan antara *self management behavior* dengan *quality of life* pada pasien *Hypertensive Heart Disease* (HHD) Ruang Poliklinik RS Siti Khodijah Pekalongan. Penelitian ini merupakan penelitian kuantitatif dengan desain *cross sectional*. Responden berjumlah 35 pasien yang didiagnosis *Hypertensive Heart Disease* (HHD) dan dipilih menggunakan teknik *accidental sampling* di Ruang Poliklinik RS Siti Khodijah Pekalongan. Instrumen yang digunakan adalah *Hypertension Self Management Behavior Questionnaire* (HSMBQ) untuk menilai perilaku manajemen diri, serta *World Health Organization Quality of Life* (WHOQOL-BREF) untuk mengukur kualitas hidup. Uji validitas dan reliabilitas telah dilakukan sebelum instrumen digunakan. Hasil dari data penelitian dianalisis menggunakan uji *spearman rank* untuk mengetahui hubungan antara *self management behavior* dengan *quality of life* secara statistik. Hasil penelitian menunjukkan rata-rata *self management behavior* responden adalah 114,60 dan rata-rata kualitas hidup sebesar 64,036. Uji korelasi *spearman rank* menunjukkan adanya hubungan yang signifikan antara *self management behavior* dengan *quality of life* pada pasien *Hypertensive Heart Disease* di Ruang Poliklinik RS Siti Khodijah Pekalongan yaitu ($r = 0,524$; $p = 0,001$) menandakan semakin baik perilaku manajemen diri, maka semakin baik pula kualitas hidup pasien. *Self management behavior* berhubungan signifikan dengan *quality of life*. Hal ini menunjukkan bahwa semakin baik *self management behavior* maka semakin tinggi kualitas hidup.

Kata Kunci: *Self Management Behavior, Quality of Life, Hypertensive Heart Disease*
Daftar Pustaka: 36 (2015-2025)

ABSTRACT

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Correlation Self Management Behavior with Quality of Life on Patient of Hypertensive Heart Disease in the Polyclinic Room of Siti Khodijah Hospital, Pekalongan

Hypertensive Heart Disease (HHD) is a complication of chronic hypertension that leads to changes in the functional structure of the heart. Managing HHD involves not only medical therapy but also requires patients to take an active role in their self- management. Self-management behaviors are crucial for controlling disease progression, preventing complications, and improving quality of life.

This study aims to examine the relationship between self-management behaviors and quality of life in patients with Hypertensive Heart Disease (HHD) at the Siti Khodijah Hospital Polyclinic in Pekalongan. The research employs a quantitative approach with a cross-sectional design. A total of 35 patients diagnosed with HHD were selected using an accidental sampling technique from the Polyclinic Room at Siti Khodijah Hospital. The instruments utilized in this study include the Hypertension Self-Management Behavior Questionnaire (HSMBQ) to evaluate self-management behaviors and the World Health Organization Quality of Life questionnaire (WHOQOL-BREF) to assess quality of life. Validity and reliability tests were conducted for these instruments before their application. The research data were then analyzed using the Spearman rank correlation test to statistically determine the relationship between self-management behaviors and quality of life. The results of the study indicated that the average self-management behavior score of the respondents was 114.60, while the average quality of life score was 64.036. A Spearman rank correlation test demonstrated a significant relationship between self- management behavior and quality of life among patients with Hypertensive Heart Disease at the Polyclinic Room of Siti Khodijah Hospital in Pekalongan. The correlation coefficient was found to be ($r = 0.524$; $p = 0.001$), suggesting that improved self-management behavior is associated with an enhanced quality of life for these patients. This finding highlight that better self-management behaviors lead to a higher quality of life.

Keywords: *Self-Management Behavior, Quality of Life, Hypertensive Heart Disease*

References: 36 (2015-2025)