Gambaran Perilaku Merokok pada Pasien Infrak Miokard

xv + 100 halaman + 6 tabel + 2 gambar + 15 lampiran

ABSTRAK

Latar Belakang : Merokok dalam berbagai bentuk merupakan faktor risiko utama untuk aterosklerosis, infark miokard akut dan penyakit jantung koroner karena pengerasan dan dapat mempersempit lumen arteri sehingga menyebabkan rusaknya dinding arteri koroner yang menjadi infark miokard akut.

Tujuan : Mengetahui gambaran perilaku merokok pada pasien infrak miokard

Metode : Penelitian yang bersifat kuantitatif dengan desain studi meta-analisis. Hasil penyaringan diperoleh 29 artikel dimana 11 artikel terduplikasi sehingga hanya 8 artikel yang dianalisis. Analisis yang dilakukan yaitu relevasi metode dan hasil.

Hasil : Tipe perilaku merokok pada pasien infrak miokard disebabkan oleh kebiasaan (Sari, Ramdhan dan Eliza, 2013) ditunjukan dengan segera menghidupkan rokok lagi jika telah habis (89,0%), merokok dimanapun berada (83,0%) (Ma'ruf, 2019). Tipe perilaku merokok pada pasien infrak miokard yang disebabkan perasaan *pleasure relaxation* ditunjukkan merokok saat berkumpul teman dan ada masalah (Muslimin, 2018), setelah makan, teman minum kopi dan ketika BAB (Badar, 2015), yang disebabkan perasaan *stimulation to pick them up* ditunjukkan merokok memberikan kenikmatan (38,2%) dan kepuasan (15,9%) (Komasari, 2010), menghilangkan masalah (9,67%), *fly* (5,33%), nyaman (4%) dan santai (3,33%) (Sari, Ramdhan dan Eliza, 2013), yang disebabkan perasaan *plesure of hanling the cigarete* ditunjukkan dengan dapat memainkan rokok di jari (84,0%) dengan memutar-mutarnya di jari (89,0%) (Ma'ruf, 2019), yang disebabkan perasaan *psychological addiction* ditunjukkan cenderung menambah jumlah rokok, panik dan khawatir ketika tidak ada rokok (Hartini, 2012), yang disebabkan kebiasaan ditunjukkan dengan merokok setiap hari (81,0%) (Ma'ruf, 2019).

Saran : Sebaiknya masyarakat khususnya penderita IMA menghindari merokok yang merugikan kesehatan apapun alasan merokoknya dengan mengalihkan pada kegiatan yang lebih bermanfaat misalnya berolahraga.

Kata Kunci : perilaku merokok, pasien infrak miokard
Kepustakaan : 53 (2011-2019)

Description of Smoking Behavior in Myocardial Infarction Patients in Tidar Magelang Regional Hospital

xv + 100 pages + 6 tables + 2 pictures + 15 attachments

ABSTRACT

Background: Smoking in various forms is a major risk factor for atherosclerosis, acute myocardial infarction and coronary heart disease due to hardening and can narrow the arterial lumen, causing damage to the walls of the coronary arteries which become acute myocardial infarction.

Objective: To determine the description of smoking behavior in myocardial infarction patients in Tidar Magelang Regional Hospital.

Method: Quantitative research with a Meta-Analysis study design. The results obtained were 29 articles in which 11 articles were duplicated so that only 8 articles were analyzed. The analysis carried out is the relevance of the method and results.

Results: The type of smoking behavior in patients with myocardial infarction caused by habit (Sari, Ramdhan and Eliza, 2013) is shown to immediately turn on cigarettes again when they run out (89.0%), smoking wherever they are (83.0%) (Ma'ruf, 2019). The type of smoking behavior in patients with myocardial infarction is caused by a feeling of relaxation shown when hanging out with friends and having problems (Muslimin, 2018), after eating, drinking coffee friends and when defecating (Badar, 2015), which is caused by a feeling of stimulation to pick them up is shown smoking providing enjoyment (38.2%) and satisfaction (15.9%) (Komasari, 2010), eliminating problems (9.67%), flying (5.33%), comfortable (4%) and relaxing (3, 33 %) (Sari, Ramdhan and Eliza, 2013), which is due to the relaxing feeling of handling cigarettes which is shown by being able to play the cigarette on the finger (84.0%) by turning it on the finger (89.0%) (Ma'ruf, 2019), which is due to the feeling of addiction that is shown to tend to increase the number of cigarettes, panic and worry when there are no cigarettes (Hartini, 2012), which is caused by the habit of smoking every day (81.0%) (Ma'ruf, 2019).

Suggestion: It is better if people, especially people with IMA, avoid smoking which is detrimental to health for whatever reason they smoke by diverting to more useful activities such as exercising.

Keywords: smoking behavior, myocardial infarction patients
Literature: 53 (2011-2019)