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HUBUNGAN ANTARA SELF-MANAGEMENT DENGAN KEPATUHAN PENGOBATAN PADA PASIEN PENYAKIT JANTUNG KORONER DI RSUP Dr. MOHAMMAD HOESIN PALEMBANG

ABSTRAK

Latar belakang: Penyakit Jantung Koroner (PJK) merupakan salah satu penyebab utama morbiditas dan mortalitas yang memerlukan pengelolaan jangka panjang. Keberhasilan terapi PJK sangat dipengaruhi oleh kemampuan pasien dalam melakukan self-management serta kepatuhan terhadap pengobatan. Self-management yang baik diharapkan mampu meningkatkan perilaku patuh pasien dalam menjalani regimen pengobatan secara konsisten. Penelitian ini bertujuan untuk menganalisis hubungan antara self-management dengan kepatuhan pengobatan pada pasien penyakit jantung koroner di RSUP Dr. Mohammad Hoesin Palembang.
Metode: Penelitian ini menggunakan desain observasional dengan pendekatan cross sectional. Sampel penelitian berjumlah 60 responden yang dipilih menggunakan teknik purposive sampling sesuai dengan kriteria inklusi dan eksklusi. Pengumpulan data dilakukan menggunakan Self-Management Behavior Questionnaire for Coronary Heart Disease (CHD-SM-Q) untuk mengukur self-management dan Morisky Medication Adherence Scale (MMAS-8) untuk menilai kepatuhan pengobatan. Analisis data dilakukan secara univariat dan bivariat menggunakan uji statistik yang sesuai dengan skala data.
Hasil: Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat self-management kategori cukup hingga baik, sementara tingkat kepatuhan pengobatan berada pada kategori cukup patuh dan kurang patuh. Analisis bivariat menunjukkan adanya hubungan yang bermakna antara self-management dengan kepatuhan pengobatan pada pasien PJK, di mana pasien dengan self-management yang lebih baik cenderung memiliki tingkat kepatuhan pengobatan yang lebih tinggi.
Simpulan: Terdapat hubungan signifikan antara self-management dengan kepatuhan pengobatan pada pasien penyakit jantung koroner. Peningkatan kemampuan self-management pasien perlu menjadi fokus intervensi keperawatan untuk mendukung keberhasilan pengobatan jangka panjang dan mencegah komplikasi PJK.

Kata kunci: self-management, kepatuhan pengobatan, penyakit jantung koroner

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The Relationship Between Self-Management and Medication Adherence Among Patients with Coronary Heart Disease at Dr. Mohammad Hoesin Hospital, Palembang

ABSTRACT

Coronary Heart Disease (CHD) is one of the leading causes of morbidity and mortality that requires long-term management. The success of CHD therapy is strongly influenced by patients' ability to perform self-management and their adherence to medication. Good self-management is expected to improve patients' adherence to prescribed treatment regimens. This study aimed to analyze the relationship between self-management and medication adherence among patients with coronary heart disease at RSUP Dr. Mohammad Hoesin Palembang.

This study employed an observational design with a cross-sectional approach. The sample consisted of 60 respondents selected using purposive sampling based on inclusion and exclusion criteria. Data were collected using the Self-Management Behavior Questionnaire for Coronary Heart Disease (CHD-SM-Q) to measure self-management and the Morisky Medication Adherence Scale (MMAS-8) to assess medication adherence. Data analysis was conducted using univariate and bivariate statistical tests appropriate to the data scale.

The results showed that most respondents had a moderate to good level of self-management, while medication adherence was predominantly at a moderate level. Bivariate analysis revealed a statistically significant relationship between self-management and medication adherence among patients with coronary heart disease, indicating that patients with better self-management tended to have higher levels of medication adherence.

In conclusion, there is a significant relationship between self-management and medication adherence in patients with coronary heart disease. Improving patients' self-management abilities should be a key focus of nursing interventions to support long-term treatment success and prevent complications of coronary heart disease.

Keywords: self-management, medication adherence, coronary heart disease