

## **Pengaruh *Supportive-Educative System* Terhadap Peningkatan *Activity Daily Living* (ADL) Dan Kualitas Hidup Pada Pasien Gagal Jantung**

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### **Abstrak**

**Latar Belakang:** Gagal jantung adalah fase kronis yang menyebabkan kerusakan fungsional jantung akibat banyaknya gejala yang terjadi. Banyaknya gejala yang terjadi akan berdampak mengalami kesulitan dalam memenuhi kebutuhan aktifitas sehari-hari, sehingga akhirnya mempengaruhi kualitas hidup. Gagal jantung memerlukan penatalaksanaan yang tepat, intervensi diberikan dapat berupa terapi farmakologi dan non farmakologi, yang salah satu diantaranya *supportive-educative system*. Sistem ini membantu pasien memperoleh informasi kesehatan, serta dalam pengambilan keputusan. **Tujuan:** Mengidentifikasi pengaruh *supportive-educative system* terhadap *Activity Daily Living* dan kualitas hidup pasien Gagal Jantung. **Metode Penelitian:** Penelitian ini menggunakan metode quasi eksperimen dengan desain *pre-test* dan *post-test with control group*, sebanyak 34 pasien dipilih dengan menggunakan teknik *non probability*, jenis *consecutive sampling*. Keseluruhan responden dibagi dalam dua kelompok, kelompok intervensi diberikan perlakuan *supportive-educative system*, sedangkan kelompok kontrol diberikan *discharge planning* diruangan selama 4 minggu. Diuji menggunakan *Wilcoxon* dan *Paired Samples Test*. **Hasil:** Penelitian ini menunjukkan menunjukkan kelompok intervensi lebih berpengaruh dibandingkan dengan kelompok kontrol dengan *p-value* sebesar 0,00. **Kesimpulan:** Terdapat pengaruh pemberian *supportive-educative system* terhadap kualitas hidup pasien gagal jantung.

**Kata Kunci:** *Supportive-Educative System*, *Activity Daily Living*, Kualitas Hidup, Gagal jantung

***The Influence Supportive-Educative System Effect On Activity Daily Living (ADL) And Quality Of Life In Patients With Heart Failure***

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Background: Heart failure is a chronic phase that causes functional damage to the heart due to the many symptoms that occur. The number of symptoms that occur will have difficulty in meeting the needs of daily activities, which ultimately affect the quality of life. Heart failure requires appropriate management, given intervention may be pharmacological and nonpharmacological therapy, one of which is the supportive-educative system. This system helps patients obtain health information, as well as in decision-making. Objective: To identify the influence of supportive-educative system on quality of life of Heart Failure patient. Methods: This study used quasi experimental method with pre-test and post-test with control group, as many as 34 patients were selected using non probability technique, consecutive sampling type. All respondents were divided into two groups, the intervention group was given treatment supportive-educative system, while the control group was given intervention of hospital discharge planning program for 4 weeks. The process that has been done is then tested using Wilcoxon and Paired Samples Test. Results: This study showed that the intervention group was more influential than the control group with  $p$ -value of 0.00. Conclusion: There is influence of giving supportive-educative system to quality of life of patient of heart failure.

Keywords: Supportive-Educative System, Activity Daily Living, Quality of Life, Heart Failure