

ABSTRAK

Kualitas hidup adalah tolak ukur individu menilai keberfungsian dan kepuasan hidup. QoL rendah pada individu IHD dipengaruhi kondisi sakit, emosi negatif serta regulasi emosi maladaptif. Intervensi HGI menjadi alternatif peningkatan QoL, menggunakan *memory reconstruction* dengan *emotional correction* untuk mengubah emosi negatif menjadi positif atau netral. Penelitian bertujuan menguji efektivitas intervensi HGI dalam meningkatkan QoL individu dengan IHD. Desain penelitian menggunakan *pretest-posttest control group*, dengan *purposive sampling* dan instrumen skala WHOQOL-BREF serta PANAS-X. Total 10 partisipan dibagi dalam dua kelompok dengan *random assignment*. Penelitian menunjukkan intervensi HGI tidak efektif meningkatkan QoL individu dengan IHD, dengan hasil uji ANCOVA pada QoL tidak ada perbedaan signifikan $F(9,8) = 0,233, p = 0,651$. Hasil perhitungan PANAS-X menunjukkan tidak ada perubahan signifikan antara *pretest - posttest* kedua kelompok ($p > 0,1$). Penelitian menunjukkan intervensi berpengaruh pada kondisi fisik (komorbid), sehingga dianjurkan pendampingan medis saat melakukan intervensi HGI.

Kata kunci : *emotion correction, hypnotic guided imagery, ischemic heart disease, kualitas hidup*

ABSTRACT

Quality of life is an individual benchmark for assessing the functioning and satisfaction of life. Low QoL in individuals with IHD is influenced by illness, negative emotions, and maladaptive emotion regulation. The HGI intervention is an alternative to improving QoL, using *memory reconstruction* with the *emotional correction* to change negative emotions into positive or neutral ones. The study aimed to examine the effectiveness of the HGI intervention in increasing the QoL of individuals with IHD. The research design used a *pretest-posttest control group*, with *purposive sampling* and the WHOQOL-BREF and PANAS-X scale instruments. A total of 10 participants were divided into two groups by *random assignment*. The study showed that the HGI intervention was not effective in increasing the QoL of individuals with IHD, with the results of the ANCOVA test on QoL that there was no significant difference $F(9,8) = 0,233, p = 0,651$. The results of the PANAS-X calculation showed that there was no significant change between the *pretest* and *posttest* of the two groups ($p > 0,1$). Research shows that the intervention has an effect on physical condition (comorbid), so medical assistance is recommended when conducting HGI interventions.

Keywords: *emotion correction, hypnotic guided imagery, ischemic heart disease, quality of life*