

## INTISARI

### *PENGARUH PELATIHAN KESEHATAN JANTUNG DENGAN VIDEO TERHADAP PERILAKU GAYA HIDUP PADA PASIEN SINDROM KORONER AKUT DI RSUD DR. MOEWARDI*

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**Latar Belakang:** Banyaknya kasus rehospitalisasi pasien SKA dipengaruhi oleh berbagai faktor dari pola gaya hidup yang tidak sehat. Pelatihan kesehatan merupakan salah satu upaya yang dapat mendukung perubahan perilaku gaya hidup yang lebih sehat.

**Tujuan:** Mengetahui pengaruh pelatihan kesehatan jantung dengan video terhadap gaya hidup pada pasien Sindrom Koroner Akut.

**Metode:** *Quasi experiment design* dengan rancangan *non-equivalent control group design*. Subjek penelitian adalah pasien sindrom koroner akut tanpa komplikasi berat. Pemilihan sampel menggunakan *consecutive sampling* dengan jumlah sampel sebanyak 57 pasien (30 responden di kelompok kontrol dan 27 responden di kelompok intervensi). Pelatihan kesehatan jantung sebagai intervensi dalam penelitian menggunakan media video dan *follow-up* selama 21 hari. Perilaku gaya hidup diukur dengan menggunakan *Modified Cardiac Health Behavior Scale* (MCHBS). Data diolah menggunakan uji t test, dan independent t test.

**Hasil:** Selisih rerata prepost dan standar deviasi pada kelompok kontrol yaitu 10,67 dan 6,57 sedangkan pada kelompok intervensi yaitu 24,85 dan 5,45. Selisih rerata skor perilaku gaya hidup antara kedua kelompok setelah perlakuan sebesar +14,18. Terdapat perbedaan signifikan rerata skor perilaku gaya hidup pasien SKA ( $p < 0,001$ ) antara kelompok intervensi dan kontrol dengan effect size 2,337 yang berarti memiliki efek sangat tinggi.

**Kesimpulan:** Pelatihan kesehatan jantung memiliki pengaruh efektif dalam meningkatkan perubahan perilaku gaya hidup yang lebih baik.

Kata kunci: sindrom koroner akut, pelatihan kesehatan jantung dengan video dan *follow-up*, gaya hidup

## ABSTRACT

### *THE EFFECT OF CARDIAC HEALTH TRAINING WITH VIDEO ON LIFESTYLE BEHAVIOR IN ACUTE CORONARY SYNDROME PATIENTS AT RSUD DR. MOEWARDI*

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**Background:** The increasing number of rehospitalization cases of patients with SCA is influenced by various factors from unhealthy lifestyle patterns. Health training is one of the efforts that can support changes in healthier lifestyle behavior.

**Aim:** To determined the effect of cardiac health training with video on lifestyle in patients with Acute Coronary Syndrome.

**Method:** This was a quasi experiment design with a non-equivalent control group design. The subjects were patients with acute coronary syndrome without severe complications. The sample selection used consecutive sampling with a total sample size of 57 patients (30 respondents in the control group and 27 respondents in the intervention group). Cardiac health training as an intervention in the study using video media and follow-up for 21 days. Lifestyle behaviors were measured using the Modified Cardiac Health Behavior Scale (MCHBS). Data were processed using t test and independent t test.

**Result:** The difference in prepost-test mean and standard deviation in the control group was 10,67 and 6,57 while in the intervention group it was 24,85 and 5,45. The mean difference in lifestyle behavior scores between the two groups after treatment was +14.18. There was a significant difference in the mean lifestyle behavior score of ACS patients ( $p < 0.001$ ) between the intervention and control groups with an effect size of 2.337, which means it has a very high effect.

**Conclusions:** Cardiac health training had effective in promoting better lifestyle behavior change.

**Keyword:** acute coronary syndrome, heart health training with video and follow-up, lifestyle