

## INTISARI

**Latar Belakang:** *Congestive heart failure* (CHF) menimbulkan gejala-gejala khas pada penderitanya yang berdampak pada aspek kehidupan secara fisik, sosial, dan psikis sehingga berefek negatif pada kualitas hidup. Kualitas hidup penting untuk dipertahankan karena dapat menunjang kelangsungan hidup dan keberhasilan penatalaksanaan pengobatan. Literasi kesehatan berperan dalam menentukan sejauh mana pasien dapat memahami, mengakses, dan menerapkan informasi kesehatan agar dapat mengelola situasi ketika timbul gejala sehingga membantu pasien menurunkan beban pembiayaan dan angka kematian, serta meningkatkan derajat kualitas hidup.

**Tujuan:** Untuk mengetahui hubungan antara literasi kesehatan dengan kualitas hidup pasien CHF di RSUP Dr. Sardjito Yogyakarta.

**Metode:** Penelitian ini merupakan penelitian kuantitatif korelasional dengan desain *cross-sectional*. Penelitian dilakukan pada bulan Desember 2025 kepada 96 responden pasien CHF yang menjalani rawat jalan di RSUP Dr. Sardjito Yogyakarta. Instrumen yang digunakan adalah *The Heart Failure-Specific Health Literacy Scale* (HF-Specific HL Scale) untuk mengukur literasi kesehatan dan *Minnesota Living with Heart Failure Questionnaire* (MLHFQ) untuk mengukur kualitas hidup. Untuk menentukan hubungan antarvariabel digunakan uji *Spearman Rank Correlation*.

**Hasil:** Penelitian menunjukkan bahwa literasi kesehatan memiliki nilai *mean* sebesar  $35,83 \pm 5,15$  dan nilai median sebesar 36 dengan rentang skor antara 12–48, sedangkan kualitas hidup memiliki nilai *mean* sebesar  $33,08 \pm 9,52$  dan nilai median sebesar 31 dengan rentang skor antara 20–80. Hasil uji bivariat menunjukkan *p-value* sebesar 0,604 dan  $r = 0,054$ .

**Kesimpulan:** Tidak terdapat hubungan antara kualitas hidup pasien CHF di RSUP Dr. Sardjito Yogyakarta.

**Kata Kunci:** *congestive heart failure*, pasien *congestive heart failure*, literasi kesehatan, kualitas hidup

## ABSTRACT

**Background:** Congestive heart failure (CHF) causes characteristic symptoms in patients that affect their physical, social, and psychological aspects of life, negatively impacting quality of life (QOL). Maintaining QOL is crucial because it supports survival and success of treatment. Health literacy plays a role in determining the extent to which patients can understand, access, and apply health information so that they can manage situations when symptoms arise, thereby helping patient reduce financial burdens and mortality rates, as well as improving their QOL.

**Objective:** To determine the relationship between health literacy and the QOL of patients with CHF at RSUP Dr. Sardjito Yogyakarta.

**Method:** This study was a correlational quantitative study with a cross-sectional design. The study was conducted in December 2025 among 96 outpatient CHF patients at RSUP Dr. Sardjito Yogyakarta. The instruments used were the Heart Failure-Specific Health Literacy Scale (HF-Specific HL Scale) to measure health literacy and the Minnesota Living with Heart Failure Questionnaire (MLHFQ) to measure QOL. Spearman's rank correlation test was used to determine the relationship between variables.

**Result:** The study showed that health literacy had a mean value of  $35,83 \pm 5,15$  and a median value of 36 with a score range of 12–48, while quality of life had a mean value of  $33,08 \pm 9,52$  and a median value of 31 with a score range of 20–80. The bivariate test results showed a p-value of 0604 and  $r=0,054$ .

**Conclusion:** There is no significant relationship between health literacy and QOL among patients with CHF at RSUP Dr. Sardjito Yogyakarta.

**Keywords:** congestive heart failure, patient with congestive heart failure, health literacy, quality of life