

HUBUNGAN ANTARA EFIKASI DIRI DENGAN KUALITAS HIDUP PASIEN CONGESTIVE HEART FAILURE (CHF) DI RS SARDJITO YOGYAKARTA

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INTISARI

Latar Belakang: Pasien dengan *Congestive Heart Failure* (CHF) seringkali mengalami penurunan kualitas hidup akibat gejala fisik dan keterbatasan aktivitas. Selain intervensi farmakologis, faktor internal individu memegang peranan esensial sebagai prediktor dalam pencapaian luaran yang optimal, khususnya efikasi diri yang dianggap mampu berkontribusi dalam menjaga konsistensi pasien menjalani proses perawatan dan secara simultan berpengaruh pada kualitas hidup.

Tujuan Penelitian: Mengetahui hubungan antara efikasi diri dengan kualitas hidup pasien CHF di RS Sardjito Yogyakarta.

Metode: Penelitian ini merupakan studi kuantitatif *non experimental* dengan desain analitik korelasional dan pendekatan *cross-sectional*. Penelitian dilaksanakan pada bulan Desember 2025 dengan melibatkan 96 pasien CHF melalui teknik *consecutive sampling*. Pengumpulan data menggunakan instrumen *Cardiac Self Efficacy Scale* (CSE Scale) dan *Minnesota Living with Heart Failure* (MLHFQ) yang telah diterjemahkan dalam bahasa Indonesia. Analisis hubungan antarvariabel dilakukan menggunakan uji korelasi *Spearman Rank*.

Hasil: Hasil analisis menunjukkan nilai median efikasi diri responden sebesar 34,00 dengan rentang skor 24 – 48 dan median kualitas hidup sebesar 31,00 dengan rentang skor 20 – 62. Hubungan antara efikasi diri dengan kualitas hidup menunjukkan hasil yang signifikan ($p=0,003$) dengan kekuatan korelasi lemah dan arah negatif ($r= -0,303$).

Kesimpulan: Terdapat hubungan antara efikasi diri dengan kualitas hidup pasien Congestive Heart Failure (CHF) di RS Sardjito Yogyakarta.

Kata kunci: *Congestive Heart Failure*, efikasi diri, kualitas hidup

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**RELATIONSHIP BETWEEN SELF-EFFICACY AND QUALITY
OF LIFE IN CONGESTIVE HEART FAILURE (CHF) PATIENTS
AT SARDJITO HOSPITAL YOGYAKARTA**

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ABSTRACT

Background: Patients with congestive heart failure (CHF) frequently experience diminished quality of life due to persistent physical symptoms and functional limitations. Beyond pharmacological therapy, internal individual factors play a critical role as determinants of clinical outcomes, particularly self-efficacy, which facilitates sustained adherence to the care regimen and concurrently influences quality of life.

Research Objectives: This study aimed to analyze the correlation between self-efficacy and quality of life among patients with congestive heart failure (CHF) at Sardjito Hospital Yogyakarta.

Method: This non-experimental quantitative study utilized a correlational analytic design with a cross-sectional approach. The study was conducted in December 2025 and recruited 96 patients with CHF through consecutive sampling. Data were collected using the Indonesian versions of the Cardiac Self-Efficacy Scale (CSE Scale) and the Minnesota Living with Heart Failure Questionnaire. The correlation between variables was assessed using the Spearman rank test.

Results: The analysis revealed a median self-efficacy score of 34,00 (range: 24–48) and a median quality of life score of 31,00 (range: 20–62). A statistically significant correlation between self-efficacy and quality of life was identified ($p = 0,003$), indicating a weak negative relationship ($r = -0,303$).

Conclusion: There is a relationship between self-efficacy and quality of life among patients with congestive heart failure (CHF) at Sardjito Hospital, Yogyakarta.

Keywords: *Congestive Heart Failure*, self efficacy, quality of life

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