



GAMBARAN TINGKAT STRES PADA PASIEN REHABILITASI JANTUNG FASE II DI RSUP Dr. SARDJITO YOGYAKARTA

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ABSTRAK

Latar Belakang: Pasien rehabilitasi jantung fase II sering dihadapkan dengan permasalahan psikologis berupa stres yang dapat mempengaruhi serangan jantung berulang. Faktor resiko stres penting untuk diidentifikasi pada pasien rehabilitasi jantung fase II agar dapat meningkatkan *outcome* sehingga berujung pada meningkatnya kualitas hidup pasien rehabilitasi jantung fase II.

Tujuan Penelitian: Mengetahui gambaran tingkat stres dan aktivitas yang dilakukan saat merasakan stres pada pasien rehabilitasi jantung di RSUP Dr. Sardjito Yogyakarta.

Metode Penelitian: Jenis penelitian adalah deskriptif kuantitatif dengan rancangan *cross sectional*. Sampel penelitian sebanyak 13 responden. Pengambilan sampel menggunakan teknik *total sampling* pada Bulan November 2018-Januari 2019. Penelitian menggunakan kuesioner *perceived stress scale* untuk meneliti tingkat stres. Analisis data yang dilakukan analisis univariat.

Hasil: Analisis univariat menunjukkan sebanyak 61,54% pasien rehabilitasi jantung di RSUP Dr. Sardjito Yogyakarta mengalami stres sedang. Aktivitas yang dilakukan pasien saat merasakan stres antara lain bermain *gadget*, menonton hiburan, sharing dengan teman dan keluarga, berdoa, tidur, menyelesaikan sumber masalah, mencari kesibukan, makan dan refreshing.

Kesimpulan: Pasien rehabilitasi jantung di RSUP Dr. Sardjito Yogyakarta sebagian besar mengalami stres sedang dan melakukan aktivitas bermain *gadget*, menonton hiburan, sharing dengan teman dan keluarga, berdoa, tidur, menyelesaikan sumber masalah, mencari kesibukan, makan dan refreshing saat merasakan stres.

Kata kunci : Aktivitas saat stres, Rehabilitasi Jantung Fase II, Tingkat stres



OVERVIEW OF STRESS LEVEL DURING PHASE II CARDIAC REHABILITATION IN RSUP Dr. SARDJITO YOGYAKARTA

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ABSTRACT

Background: The patients from cardiac rehabilitation phase II are often faced with a psychological issue which is stress that could affect the recurrent of heart attack. Stress as one of risk factor of cardiac disease is important to be identified on the cardiac rehabilitation phase II, so it could increase the outcome and it would increase quality of life.

Objective: To know the overview of stress level and patient's activity when feeling stress in phase II cardiac rehabilitation in RSUP Dr. Sardjito Yogyakarta

Method: This study is a descriptive quantitative study with cross sectional design. Sample of study was 13 respondents with total sampling technique on November 2018 until January 2019. This study utilized perceived stress scale questionnaires to review stress level. Data analysis used univariate analysis.

Result:Univariate analysis shows 61.54% of cardiac rehabilitation patients at RSUP Dr. Sardjito Yogyakarta encounters moderate stress. Activities that the patients do when they are stressed are playing gadgets, watch entertainment, sharing with friends and family, pray, sleep, solve the source of problems, look for activities to do, eat and refreshing (hanging out).

Conclusion:Cardiac rehabilitation patient at Dr. RSUP Sardjito Yogyakarta mostly encounters moderate stress and they play gadget, watch entertainment, sharing with friends and family, pray, sleep, solve the source of problems, look for activities to do, eat and refreshing when they are stressed.

Keywords: Activity during stress, Phase II Cardiac Rehabilitation, Stress level