

ABSTRAK

PENGARUH EFEKTIFITAS REHABILITASI JANTUNG FASE 1 TERHADAP *SELF AFFICASY* DAN *HEART RATE* PADA PASIEN ACUTE CORONARY SYNDROME DI RUANG CVCU RSUD KARSA HUSADA BATU

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ACS (Acute Coronary Syndrome) Merupakan masalah kardiovaskuler yang utama karena menyebabkan angka kematian yang tinggi, di negara maju dan berkembang, termasuk di Indonesia. Rehabilitasi jantung merupakan intervensi yang secara komprehensif berfungsi sebagai pencegahan sekunder penyakit kardiovaskular, serta tindakan yang bertujuan untuk meningkatkan fungsi fisik, mental, dan lingkungan sosial secara optimal mengembalikan kapasitas fungsional pada pasien dengan faktor yang mempengaruhi kesembuhan yaitu Self efficacy dan Heart Rate

Penelitian ini bertujuan untuk mengetahui pengaruh efektifitas rehabilitasi jantung 1 terhadap self afficasy dan heart rate pada pasien ACS (Acute Coronary Syndrome) di ruang CVCU RSUD Karsa Husada Batu. Penelitian ini Menggunakan Desain Penelitian Quasi Eksperimental dengan Pendekatan pretest posttest design. Populasi dalam penelitian adalah Pasien ACS (*Acute Coronary Syndrome*) Di Ruang CVCU RSUD Karsa Husada Batu sebanyak 30 orang. Sampel sebesar 30 responden yang diambil menggunakan teknik *Purposive Sampling* . Analisis data menggunakan Paired T-Test.

Hasil penelitian didapatkan hampir setengah dari responden dengan self afficasy yang sedang yaitu 4 orang(13%), responden self afficasy tinggi yaitu 26 orang(87%) . Hasil frekuensi nadi seluruh responden di dapatkan frekuensi nadi sekitar 83x/ menit ,dari frekuensi nadi yang sebelumnya 99x/ menit Berdasarkan uji Paired T-test didapatkan nilai p-value sebesar 0.000 <alpha (0.05) hal ini menunjukkan bahwa H0 ditolak dan H1 diterima artinya ada Pengaruh Rehabilitasi Jantung Fase 1 terhadap Self Afficasy dan Heart Rate pada pasien ACS (Acute Coronary Syndrome) di Ruang CVCU RSUD Karsa Husada Batu

Kata kunci: Acute Coronary Syndrome , Rehabilitasi Jantung Fase 1, Self Afficasy , Heart Rate

ABSTRACT

The Effect of The Effectiveness of 1st Phase Cardiac Rehabilitation on Self Efficacy and Heart Rate in Acute Coronary Syndrome Patients in Cardiovascular Care Unit at Karsa Husada Batu Hospital

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ACS (Acute Coronary Syndrome) is a major cardiovascular problem because it cause high mortality rates, in developed and developing countries , including in indonesia . Cardiac rehabilitation is an intervention that comprehensively functions as secondary prevention of cardiovascular disease , as well as actions at improving physical function , mental , and social environment optimally to restore functional capacity in patient with factors that influence recovery, namely self afficasy and heart rate.

This study have purpose to determine the effectiveness of cardiac rehabilitation phase 1 on self afficasy and heart rate in ACS (Acute Coronary Syndrome) patients in the CVCU room of RSUD Karsa Husada Batu . This study used quasi- experimental research design with the pretest and posttest design approach .The population in the study were ACS (Acute Coronary Syndrome)patients in the CVCU room of RSUD Karsa Husada Batu .A sampel of 30 respondents was taken using purposive sampling technique .Data analysis using Paired T-Test .

The result of the study found that almost half of the respondents with moderate self afficasy , namely 4 people (13%) and of the responden2ts with high self afficasy , namely 26 people (87%). And this the results of the pulse frequency of all respondents obtained data on an average pulse frequency of around 83x/ minute from the previous frequency heart rate of 99 x/ minute. Based on the Paired T-Test , score p -value of 0,000 <alpha (0,05) was obtained . This indicates that H0 is rejected and H1is accepted , meaning that tthere is an effect of phase 1 cardiac rehabilitation on self – afficasy and heart rate in ACS (Acute Coronary Syndrome) patients in the CVCU room of RSUD Karsa Husada Batu

Key words: Acute Coronary Syndrome , Phase 1 cardiac Rehabilitation, Self Afficasy , Heart Rate