

## ABSTRAK

### HUBUNGAN *SELF-CARE* DENGAN KUALITAS HIDUP PADA PASIEN TUBERKULOSIS PARU DI WILAYAH KERJA PUSKESMAS GRATI PASURUAN

OLEH: NABILA AUFA DIAZ

Tuberkulosis paru merupakan penyakit infeksi menular kronis yang memerlukan pengobatan jangka panjang sehingga dapat memengaruhi kondisi fisik, psikologis, sosial, dan kualitas hidup pasien. *Self-care* menjadi salah satu faktor penting yang dapat membantu pasien dalam menjalani pengobatan dan mempertahankan kualitas hidup yang baik. Penelitian ini bertujuan untuk mengetahui hubungan *self-care* dengan kualitas hidup pada pasien tuberkulosis paru di Wilayah Kerja Puskesmas Grati Pasuruan. Penelitian menggunakan desain analitik korelasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini sebanyak 118 pasien tuberkulosis paru, dengan sampel sebanyak 37 responden yang dipilih menggunakan teknik *purposive sampling*. Variabel independen adalah *self-care* yang diukur menggunakan kuesioner *Self-care Agency Scale* (SCAS), sedangkan variabel dependen adalah kualitas hidup yang diukur menggunakan WHOQOL-BREF. Analisis data menggunakan uji *Spearman Rank*. Hasil penelitian menunjukkan sebagian besar responden memiliki *self-care* tinggi sebanyak 20 responden (54,1%) dan kualitas hidup baik sebanyak 20 responden (54,1%). Hasil uji *Spearman Rank* menunjukkan nilai p-value sebesar 0,000 ( $p < 0,05$ ) dengan koefisien korelasi  $r = 0,896$  yang menunjukkan hubungan sangat kuat dan bersifat positif antara *self-care* dengan kualitas hidup. Semakin tinggi *self-care* yang dimiliki pasien tuberkulosis paru, maka semakin baik kualitas hidup yang dirasakan. *Self-care* yang baik membantu pasien menjaga kondisi fisik, psikologis, sosial, serta meningkatkan kepatuhan pengobatan selama proses terapi.

**Kata Kunci:** *self-care*, kualitas hidup, tuberkulosis paru.

## **ABSTRACT**

### **THE RELATIONSHIP BETWEEN SELF-CARE AND QUALITY OF LIFE IN PULMONARY TUBERCULOSIS PATIENTS IN THE WORKING AREA OF GRATI PUBLIC HEALTH CENTER, PASURUAN**

**BY: NABILA AUFA DIAZ**

Pulmonary tuberculosis is a chronic infectious disease that requires long-term treatment, which can affect the physical, psychological, social, and quality of life of patients. Self-care is an important factor that can help patients undergo treatment and maintain a good quality of life. This study aims to determine the relationship between self-care and quality of life in pulmonary tuberculosis patients in the Grati Pasuruan Community Health Center Working Area. The study used a correlational analytical design with a cross-sectional approach. The population in this study was 118 pulmonary tuberculosis patients, with a sample of 37 respondents selected using a purposive sampling technique. The independent variable was self-care measured using the Self-care Agency Scale (SCAS) questionnaire, while the dependent variable was quality of life measured using the WHOQOL-BREF. Data analysis used the Spearman Rank test. The results showed that the majority of respondents had high self-care 20 respondents (54.1%) and good quality of life 20 respondents (54.1%). The Spearman Rank test results showed a p-value of 0.000 ( $p < 0.05$ ) with a correlation coefficient of  $r = 0.896$ , indicating a very strong and positive relationship between self-care and quality of life. The higher the self-care level of pulmonary tuberculosis patients, the better their perceived quality of life. Good self-care helps patients maintain their physical, psychological, and social well-being, and improves treatment adherence during therapy.

**Keywords:** self-care, quality of life, pulmonary tuberculosis.