

**HUBUNGAN STRATEGI KOPING DAN *SELF CARE* TERHADAP
KUALITAS HIDUP PENDERITA TUBERKULOSIS PARU
DI WILAYAH KERJA PUSKESMAS BITUNG BARAT**

Mangelep Jenori¹, Langelo Wahyuny², Lumintang Cyntia³

Universitas Katolik De La Salle Manado

Email : 19061064@unikadelasalle.ac.id

Abstrak

Latar Belakang : Penyakit Tuberkulosis Paru (TB Paru) adalah penyakit yang menular dari satu orang ke orang lain melalui kontak langsung dengan partikel debu yang mengandung bakteri *tuberculosis*. Diperlukan strategi koping yang baik bagi setiap penderita TB Paru untuk menjalani pengobatan agar bisa sembuh dari penyakitnya. Selain perlu menggunakan strategi koping yang baik, peningkatan *self care* juga sangat berpengaruh pada kualitas hidup penderita TB Paru.

Tujuan: Penelitian ini bertujuan untuk mengetahui apakah ada hubungan antara strategi koping dan *self care* terhadap kualitas hidup penderita tb paru di wilayah kerja puskesmas bitung barat.

Metode : Jenis penelitian ini menggunakan penelitian kuantitatif non-eksperimen dengan desain korelasi. Lokasi penelitian dilaksanakan di wilayah kerja puskesmas bitung barat. Populasi dalam penelitian ini yaitu penderita *tuberculosis* paru di Wilayah Kerja Puskesmas Bitung Barat dengan jumlah sampel 53 responden penderita *tuberculosis* paru yang jumlah sampel dilakukan dengan teknik *non-probability sampling* yaitu *purposive sampling*.

Hasil : Diketahui bahwa penderita TB Paru di wilayah kerja puskesmas bitung barat memiliki strategi koping yang adaptif dan *self care* yang baik namun memiliki kualitas hidup yang buruk. Hasil korelasi dari strategi koping dan kualitas hidup menunjukkan *p-value* <0,05 (0.869) dan hasil korelasi dari *self care* dan kualitas hidup menunjukkan *p-value* = 0,123. Dapat disimpulkan bahwa hipotesis penelitian H_0 diterima dan H_a ditolak.

Kesimpulan : Tidak terdapat Hubungan antara Strategi Koping Dan *Self Care* Terhadap Kualitas Hidup Penderita TB Paru di Wilayah Kerja Puskesmas Bitung Barat.

Kata kunci : Tuberculosis, Strategi Koping, *Self-Care*, Kualitas Hidup

**RELATIONSHIP OF COPING STRATEGIES AND SELF-CARE ON
QUALITY OF LIFE OF PATIENTS WITH PULMONARY
TUBERCULOSIS IN THE WORKING AREA OF WEST BITUNG
HEALTHCARE CENTER**

Mangelep Jenori 1, Langelo Wahyuny2, Lumintang
Cyntia3 Universitas Katolik De La Salle Manado
Email : 19061064@unikadelasalle.ac.id

Abstract

Background: Pulmonary Tuberculosis (TB) is a disease that is transmitted from one person to another through direct contact with dust particles containing tuberculosis bacteria. A good coping strategy is needed for every patient with Lung TB to undergo treatment in order to recover from the disease. In addition to the need of using good coping strategies, improving self-care is also very influential on the quality of life of people with pulmonary TB.

Objectives: This research aimed to determine whether there was a relationship between coping strategies and self-care on the quality of life of patients with pulmonary TB in the working area of West Bitung Healthcare Center.

Methods: This type of research used non-experimental quantitative research with a correlation design. The research location was carried out in the working area of West Bitung Healthcare Center. The population in this research were patients with pulmonary tuberculosis in the working area of West Bitung Healthcare Center with the sample size of 53 respondents with pulmonary tuberculosis, the sample size was taken using non probability sampling technique, which was purposive sampling.

Results: It was known that patients with pulmonary tuberculosis in the working area of West Bitung Healthcare Center had adaptive coping strategies and good self-care but had poor quality of life. The correlation results of coping strategies and quality of life showed a p-value <0.05 (0.869) and the correlation results of self-care and quality of life showed a p-value = 0.123. It can be concluded that the research hypothesis H_0 was accepted and H_a was rejected.

Conclusion: There was no relationship between coping strategies and self-care on the quality of life of pulmonary tuberculosis patients in the working area of West Bitung Healthcare Center.

Keywords: Tuberculosis, coping strategy, self-care, quality of life

This translation has been checked and proven accurate.



Rafael H. Y. Sengkey, S.S., M.Pd.

*Head of Language Development Office
Universitas Katolik De La Salle Manado*