

ABSTRACT

The Relationship Between the Level of Shortness of Breath and the Quality of Life of Chronic Obstructive Pulmonary Disease (COPD) Patients in the Pulmonary Inpatient Ward of Cut Nyak Dhien Meulaboh Regional General Hospital

1,2,3.PUI -PT Paliative Care, Universitas Prima Indonesia

1,2,3.Fakultas keperawatan dan Kebidanan Universitas Prima Indonesia.

Background :P Chronic Obstructive Pulmonary Disease is a chronic lung disease characterized by limited airflow that is progressive and not completely reversible. Shortness of breath is the main symptom that COPD patients often experience and can have a significant impact on quality of life, especially in patients undergoing treatment in the inpatient room. This condition can cause limited activities, psychological disorders, and decreased social functioning. *Objective*: to determine the relationship between the level of shortness of breath and the quality of life of COPD patients in the Pulmonary Inpatient Room of the Cut Nyak Dhien Meulaboh Regional General Hospital. *Methods*: This study used an analytical design with a cross-sectional approach. The study sample was hospitalized COPD patients, who were selected using purposive sampling techniques. Levels of shortness of breath were measured using the Modified Medical Research Council (mMRC) scale, while quality of life was measured using the St. George's Respiratory Questionnaire (SGRQ). *Data analysis* was carried out using the Spearman test to find out the relationship between variables. *Results*: The study showed that most of the respondents experienced moderate to severe shortness of breath and had a poor quality of life. Statistical analysis showed a significant relationship between the level of shortness of breath and quality of life ($p < 0.05$) and the direction of negative correlation. *Conclusion*: this study is that there is a significant relationship between the level of shortness of breath and the quality of life of COPD patients, where the heavier the shortness of breath, the lower the patient's quality of life. *Keywords*: COPD, shortness of breath, quality of life

Abstrak

Latar belakang :Penyakit Paru Obstruktif Kronik merupakan penyakit paru kronis yang ditandai dengan keterbatasan aliran udara yang

bersifat progresif dan tidak sepenuhnya reversibel. Sesak napas merupakan gejala utama yang sering dialami pasien PPOK dan dapat berdampak signifikan terhadap kualitas hidup, terutama pada pasien yang menjalani perawatan di ruang rawat inap. Kondisi ini dapat menyebabkan keterbatasan aktivitas, gangguan psikologis, serta penurunan fungsi sosial.

Tujuan: untuk mengetahui hubungan antara tingkat sesak napas dengan kualitas hidup pasien PPOK di Ruang Rawat Inap Paru Rumah Sakit Umum Daerah Cut Nyak Dhien Meulaboh. **Metode:** Penelitian ini menggunakan desain analitik dengan pendekatan cross-sectional. Sampel penelitian adalah pasien PPOK yang dirawat inap, yang dipilih menggunakan teknik purposive sampling. Tingkat sesak napas diukur menggunakan skala Modified Medical Research Council (mMRC), sedangkan kualitas hidup diukur menggunakan St. George's Respiratory Questionnaire (SGRQ). Analisis data dilakukan menggunakan uji Spearman untuk mengetahui hubungan antar variabel. **Hasil:** penelitian menunjukkan bahwa sebagian besar responden mengalami sesak napas derajat sedang hingga berat serta memiliki kualitas hidup yang buruk. Analisis statistik menunjukkan adanya hubungan yang signifikan antara tingkat sesak napas dengan kualitas hidup ($p < 0,05$) dengan arah korelasi negatif. **Kesimpulan:** penelitian ini adalah terdapat hubungan yang signifikan antara tingkat sesak napas dengan kualitas hidup pasien PPOK, di mana semakin berat sesak napas maka semakin rendah kualitas hidup pasien.

Kata kunci: PPOK, sesak napas, kualitas hidup