

**PROGRAM STUDI S1 KEPERAWATAN
IKES PAYUNG NEGERI PEKANBARU**

Skripsi, Juli 2024

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**Hubungan Usia, Jenis Kelamin, dan Lama Menderita dengan *Self adherence*
pada penderita asma di Puskesmas Garuda Kota Pekanbaru**

Xiii +55 Halaman + 10 Tabel + 1 Skema + 9 Lampiran

ABSTRAK

Penderita asma mengalami sesak napas, bunyi mengi, batuk kronis, dan rasa sempit di dada. Gejala sering memburuk di malam hari atau saat berolahraga dan dipicu oleh faktor lingkungan seperti debu, polusi udara, asap rokok, bulu hewan peliharaan, serbuk sari, dan infeksi pernapasan. memerlukan pengobatan seumur hidup serta membutuhkan *self adherence* penderitanya dalam pengobatan *self adherence* dapat dipengaruhi beberapa faktor antara lain usia, jenis kelamin, dan lama menderita penyakit. Penelitian ini bertujuan untuk mengetahui hubungan usia, jenis kelamin, dan lama menderita penyakit dengan *self adherence* pada penderita asma di Puskesmas Garuda Kota Pekanbaru. Jenis penelitian kuantitatif dengan desain penelitian studi *cross sectional*. Analisis yang digunakan adalah analisis univariat dan bivariat dengan uji statistik menggunakan uji *Chi-square*. Populasi dalam penelitian ini adalah pasien asma dengan jumlah sampel 77 orang dan menggunakan instrumen kuesioner ASMQ (*Asthma Self-Management Questionnaire*). Hasil penelitian univariat didapatkan usia dewasa awal 23 orang (29,9%), Jenis kelamin Perempuan 47 orang (61,0%), baru menderita 42 orang (54,5%) dan *self adherence* 44 orang (57,1%). Dan hasil bivariat, tidak ada hubungan antara Usia dengan *Self adherence* pada penderita asma nilai *p-value* 1,226, ada hubungan antara jenis kelamin dengan *self adherence* pada penderita asma *p-value* 0,005, dan tidak ada hubungan antara lama menderita dengan *self adherence* pada penderita asma *p-value* 5,347. Sebaiknya peneliti selanjutnya untuk meneliti faktor lain yang dapat mempengaruhi *self adherence* terkait perawatan asma seperti dukungan keluarga, motivasi diri, dan juga tingkat pengetahuan.

Kata kunci: Asma, *Self adherence* , Usia
Daftar Pustaka : 42 (2010-2023)

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The relationship between age, gender, and length of suffering with self-adherence in asthma patients at the Garuda Health Center in Pekanbaru City

Xiii + 55 Pages + 10 Tables + 1 Scheme + 9 Appendices

ABSTRACT

Asthma sufferers experience shortness of breath, wheezing, chronic coughing, and a feeling of tightness in the chest. Symptoms often worsen at night or during exercise and are triggered by environmental factors such as dust, air pollution, cigarette smoke, pet dander, pollen, and respiratory infections. requires lifelong treatment and requires self-adherence in sufferers. Self-adherence treatment can be influenced by several factors including age, gender, and length of illness. This study aims to determine the relationship between age, gender, and duration of illness and self-adherence in asthma sufferers. at the Garuda Health Center, Pekanbaru City. This type of quantitative research with a cross sectional study research design. The analysis used is univariate and bivariate analysis with statistical tests using the Chi-square test. The population in this study were asthma patients with a sample size of 77 people and used the ASMQ (Asthma Self-Management Questionnaire) questionnaire instrument. The results of the univariate research showed that early adulthood was 23 people (29.9%), female gender was 47 people (61.0%), 42 people had just suffered (54.5%) and self-adherence was 44 people (57.1%). And the bivariate results, there is no relationship between age and self-adherence in asthma sufferers, the p-value is 1.226, there is a relationship between gender and self-adherence in asthma sufferers, the p-value is 0.005, and there is no relationship between the length of suffering and self-adherence in asthma sufferers. p-value 5.347. It would be better for future researchers to examine other factors that can influence self-adherence related to asthma care, such as family support, self-motivation, and also the level of knowledge.

Keywords : Asthma, Self adherence, Age

References : 42 (2010-2023)