HUBUNGAN ANTARA SPIRITUAL DENGAN KUALITAS HIDUP PASIEN PENYAKIT PARU OBSTRUKTIF KRONIS (PPOK) DI RUANG ANYELIR RSUD MAJALAYA

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ABSTRAK

Pendahuluan: Penyakit Paru Obstruktif Kronis (PPOK) merupakan penyakit kronis progresif yang berdampak pada kualitas hidup pasien secara fisik, psikologis, sosial, dan spiritual. Keterbatasan aktivitas, sesak napas kronis, serta eksaserbasi berulang dapat menimbulkan tekanan emosional dan penurunan makna hidup. Dalam kondisi tersebut, spiritualitas berperan sebagai mekanisme koping penting dalam membantu pasien beradaptasi dengan penyakit kronis, namun aspek ini masih kurang mendapat perhatian dalam asuhan keperawatan pasien PPOK. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara spiritual dengan kualitas hidup pasien Penyakit Paru Obstruktif Kronis (PPOK) di Ruang Anyelir RSUD Majalaya. **Metode:** Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Sampel berjumlah 43 responden yang dipilih menggunakan teknik *consekutif sampling*. Tingkat spiritual diukur menggunakan kuesioneryang telah valid dan reliabel *Spiritual Well-Being Scale (SWBS)*, sedangkan kualitas hidup diukur menggunakan *COPD Assessment Test (CAT)*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square. **Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat spiritual tinggi (39,5%) dan kualitas hidup dalam kategori sedang (53,5%). Hasil uji *Chi-Square* menunjukkan nilai *p-value* = 0,000 ($p < 0,05$), yang menunjukkan adanya hubungan yang signifikan antara tingkat spiritual dengan kualitas hidup pasien PPOK**. Pembahasan:** Terdapat hubungan yang bermakna antara spiritual dan kualitas hidup pasien PPOK di Ruang Anyelir RSUD Majalaya. Integrasi aspek spiritual dalam asuhan keperawatan diharapkan dapat meningkatkan kualitas hidup pasien PPOK secara holistik.

Kata Kunci: Kualitas Hidup, PPOK, Spiritual.

THE RELATIONSHIP BETWEEN SPIRITUALITY AND QUALITY OF LIFE AMONG PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) IN THE ANYELIR WARD OF RSUD MAJALAYA

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ABSTRACT

Introduction: *Chronic Obstructive Pulmonary Disease (COPD) is a progressive chronic disease that significantly affects patients' quality of life physically, psychologically, socially, and spiritually. Limitations in activity, chronic dyspnea, and recurrent exacerbations can lead to emotional distress and a decreased sense of meaning in life. In this context, spirituality plays an important role as a coping mechanism that helps patients adapt to chronic illness; however, this aspect has received limited attention in nursing care for patients with COPD.* ***Objective:*** *This study aimed to determine the relationship between spirituality and quality of life among patients with Chronic Obstructive Pulmonary Disease (COPD) in the Anyelir Ward of RSUD Majalaya.* ***Methods:*** *This study employed a quantitative correlational design with a cross-sectional approach. A total of 43 respondents were selected using accidental sampling. Spirituality was measured using the valid and reliable Spiritual Well-Being Scale (SWBS), while quality of life was assessed using the COPD Assessment Test (CAT). Data analysis was conducted using univariate and bivariate analysis with the Chi-Square test.* ***Results:*** *The results showed that most respondents had a high level of spirituality (39.5%) and a moderate level of quality of life (53.5%). The Chi-Square test revealed a p-value of 0.000 ($p < 0.05$), indicating a significant relationship between spirituality and quality of life among patients with COPD.* ***Discussion:*** *There is a significant relationship between spirituality and quality of life among patients with COPD in the Anyelir Ward of RSUD Majalaya. Integrating spiritual aspects into nursing care is expected to improve the quality of life of patients with COPD holistically..*

Keywords: *COPD, Quality of life*

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