

ABSTRACT

IMPROVING OF COPING, INTENTION, AND MEDICATION ADHERENCE IN PATIENTS WITH CORONARY HEART DISEASE AFTER GIVING SELF MANAGEMENT PROGRAMME

QUASY EXPERIMENT IN RSUD JOMBANG

Hanim Mufarokhah

Introduction: Management coronary artery disease required lifelong treatment. The successful management of CHD requires effective coping, intention and medication adherence of CHD's patients. This study aimed to explain the changes of coping, intention, and medication adherence in patients with CHD after giving self management programme in RSUD Jombang based on Theory Planned Behavior.

Method: It was a quasy experimental study with pretest-posttest control group design. Sample amount was 28 selected by consecutive sampling. Sample was divided into treatment and control groups. Independent variable was self management programme while dependent variables were coping, intention, medication adherence. Data were collected by using questionnaires measuring coping level, intention and medication adherence. The statistical test used was Mann Whitney, Wilcoxon Signed Rank and t-Test.

Result and Analysis: The result showed that 1) self management programme improve the level of coping in patients with CHD ($p < 0,001$), 2) self management programme improve the level of intention in patients with CHD ($p < 0,001$), 3) self management programme improve the level of medication adherence in patients with CHD ($p < 0,001$).

Discuss and Conclusion: To change a behavior requires improvement of coping and intentions. This is in accordance with the Theory of Planned Behavior that behavior change is influenced by the attitude toward the behavior, subjective norm, perceived behavioral control and intention. It is suggested that 1) it takes a workshop on self-management programs, 2) self-management programs are used as an intervention for the treatment of chronic diseases in the home. However, further research needs to be done to develop a program of self-management of patients with other chronic diseases that involve the role of the family for care at home.

Keywords: self management program, coping, intention, medication adherence, Coronary Heart Disease (CHD), Theory Planned Behavior