

## ABSTRACT

### **THE INFLUENCE OF THE HEART REHABILITATION ACTIVITY PHASE-1 TOWARD THE LEVEL OF ANXIETY AMONG CORONARY HEART DISEASE (AMI) PATIENTS**

#### **Experimental Study in Intensive Care Installation Kediri Baptist Hospital**

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Anxiety on coronary heart disease patient is resulted because they experience out of breath and chest pain so they tend to feel anxiety. The objective of this study was to know the influence of the heart rehabilitation activity phase-1 toward the level of anxiety among coronary heart disease (AMI) patients.

The design used in this study was experimental design. The population was coronary heart disease patients who occupied self-care in Intensive Care Installation Kediri Baptist Hospital. Total sample were 24 respondents that met inclusion and exclusion criteria. The independent variable was of the heart rehabilitation activity phase-1. The dependent variable was the level of anxiety. The sampling type was Total sampling. Data were collected using questionnaire and HARS Scale and then analyzed using Wilcoxon Signed Ranks Test with significant level of 0,05.

The result of this study indicated that level of anxiety of coronary heart disease patients before heart rehabilitation activity Phase-1 were higher than the level of anxiety after heart rehabilitation activity Phase-1 with  $p : 0,000$ .

It can be concluded that heart rehabilitation activity Phase-1 has an influence to the level of anxiety among coronary heart disease patients in Intensive Care Installation Kediri Baptist Hospital. Further studies should involve larger respondents and better measurement tools to obtain more accurate results.

**Keywords:** heart rehabilitation activity, level of anxiety, coronary heart disease