ABSTRACT

Quality of Life and Life Satisfaction in Hypertension versus Coronary Heart Disease Patients

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Hypertension and coronary heart disease (CHD) contribute to the cardiovascular disease burden in Indonesia and require lifelong management in primary care. Evidence comparing quality of life and life satisfaction between these groups in primary care remains limited.

To compare quality of life and life satisfaction between hypertension and CHD patients at Juanda Community Health Center, Samarinda.

This comparative cross-sectional study was conducted in September 2026 among 74 outpatients (37 hypertension, 37 CHD) recruited by convenience sampling. Quality of life was measured using the WHOQOL-BREF (four domains, 0–100) and life satisfaction using the Satisfaction with Life Scale (SWLS, 5–35). Groups were compared using the Mann-Whitney U test and multiple linear regression adjusted for age and sex.

The groups were comparable in age and sex. Hypertension patients scored higher than CHD patients in all four WHOQOL-BREF domains, with median differences of 14–19 points ($r = 0.41–0.53$; all $p < 0.001$). After adjustment, CHD remained associated with lower scores in every domain ($B = −14.3$ to $−16.8$; all 95% CIs excluding zero). Life satisfaction did not differ significantly (median 20 vs. 15; $p = 0.203$; adjusted $B = −2.1$; 95% CI −5.6 to 1.4).

CHD patients had substantially lower quality of life than hypertension patients across all domains, independent of age and sex, whereas a difference in life satisfaction was not demonstrated. Routine quality-of-life assessment may support more comprehensive CHD management in primary care.

Keyword : coronary heart disease, hypertension, life satisfaction, primary health care, quality of life, WHOQOL-BREF