

ABSTRAK

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Hubungan Tingkat Stres dengan Kualitas Hidup Pasien Diabetes Melitus Tipe 2 di RSUD Bendan Pekalongan

xii + 87 hal + 2 gambar + 6 tabel

Latar belakang: DM Tipe 2 adalah penyakit metabolik kronis akibat resistensi dan penurunan produksi insulin yang menurunkan kualitas hidup. Stres sebagai faktor psikososial berperan memperburuk kontrol glukosa darah dan memengaruhi aspek fisik, psikologis, sosial, serta lingkungan pasien. Prevalensi DM Tipe 2 di Indonesia, termasuk Kota Pekalongan, terus meningkat, dengan studi pendahuluan di RSUD Bendan menunjukkan mayoritas pasien mengalami stres tinggi dan kualitas hidup rendah.

Tujuan: Mengetahui hubungan tingkat stress dengan kualitas hidup pada pasien diabetes melitus tipe 2 di Rumah Sakit Bendan Kota Pekalongan.

Metode: Penelitian ini merupakan studi kuantitatif dengan desain cross-sectional untuk menganalisis hubungan tingkat stres dengan kualitas hidup pasien DM tipe 2 di RSUD Bendan Kota Pekalongan. Sampel sebanyak 95 responden ditentukan menggunakan rumus Slovin dari populasi 1.934 pasien dan diambil dengan teknik consecutive sampling sesuai kriteria inklusi dan eksklusi.

Hasil: Mayoritas pasien DM adalah laki-laki (55,8%), usia lansia akhir (26,3%), berpendidikan SD (28,4%), dan lama menderita 6–10 tahun (41,1%). Sebagian besar mengalami stres sedang (47,4%) dan berat (35,8%), dengan kualitas hidup rendah (53,7%). Uji Spearman menunjukkan hubungan signifikan antara tingkat stres dan kualitas hidup ($p=0,585$; $p=0,000$).

Kesimpulan: Tingkat stres yang lebih tinggi berkorelasi dengan penurunan kualitas hidup pasien DM di RSUD Bendan Pekalongan. Intervensi manajemen stres perlu diintegrasikan dalam perawatan untuk meningkatkan kualitas hidup pasien.

Kata Kunci : diabetes melitus, kualitas hidup, stress

Daftar Pustaka : 44 (2012 -2024)

ABSTRACT

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The Relationship Between Stress Levels and Quality of Life in Type 2 Diabetes melitus Patients at RSUD Bendan Pekalongan

xii + 87 pages + 2 figures + 6 tables

Background: Type 2 Diabetes melitus (T2DM) is a chronic metabolic disease caused by insulin resistance and decreased insulin production, which can lower patients' quality of life. Stress, as a psychosocial factor, worsens blood glucose control and affects the physical, psychological, social, and environmental aspects of patients' lives. The prevalence of T2DM in Indonesia, including in Pekalongan City, continues to increase. A preliminary study at RSUD Bendan showed that the majority of patients experienced high stress levels and low quality of life.

Purpose: To determine the relationship between stress levels and quality of life in type 2 diabetes melitus patients at Bendan Hospital, Pekalongan City.

Methods: This research was a quantitative study with a cross-sectional design aimed at analyzing the relationship between stress levels and quality of life in T2DM patients at RSUD Bendan, Pekalongan City. A total sample of 95 respondents was determined using Slovin's formula from a population of 1,934 patients, and selected using consecutive sampling based on inclusion and exclusion criteria.

Results: The majority of T2DM patients were male (55.8%), in the late elderly age group (26.3%), had an elementary school education (28.4%), and had been diagnosed for 6–10 years (41.1%). Most experienced moderate stress (47.4%) and severe stress (35.8%), with a low quality of life (53.7%). Spearman's correlation test showed a significant relationship between stress levels and quality of life ($\rho = 0.585$; $p = 0.000$).

Conclusion: Higher stress levels are associated with a decrease in the quality of life of T2DM patients at RSUD Bendan, Pekalongan. Stress management interventions should be integrated into patient care to improve quality of life.

Keywords: diabetes melitus, quality of life, stress

References: 44 (2012–2024)