

Universitas Ngudi Waluyo
Program Studi Farmasi, Fakultas Kesehatan
Skripsi, Februari 2023
Soleha Kurniawati
051191083

HUBUNGAN TINGKAT KONTROL ASMA DENGAN KUALITAS HIDUP PENDERITA ASMA DI RSUD KOTA SALATIGA

ABSTRAK

Latar Belakang: Asma adalah penyakit berupa peradangan kronis pada saluran napas, ditandai dengan sesak napas, mengi, batuk dan lainnya. Asma dapat berdampak negatif terhadap produktivitas penderitanya, gangguan yang disebabkan dapat membatasi aktivitas sehari-hari. Asma tidak dapat disembuhkan, hanya dapat dikontrol dengan obat-obatan atau tindakan preventif lainnya, sehingga kualitas hidup dapat tetap optimal. Tujuan penelitian untuk menganalisis hubungan tingkat kontrol asma dengan kualitas hidup penderita asma di RSUD Kota Salatiga.

Metode: Penelitian survey (non-eksperimental), jumlah sampel yang digunakan sebanyak 50 responden. Instrumen penelitian yang digunakan yaitu kuesioner ACT (*Asthma Control Test*) dan kuesioner Mini-AQLQ (*Asthma Quality of Life Questionnaire*). Analisis data menggunakan uji *Correlation Spearman Rank*.

Hasil: Berdasarkan jenis kelamin, laki-laki sebanyak 20 orang dan perempuan sebanyak 30 orang. Usia 18-45 tahun sebanyak 15 orang (30%) dan 46-65 tahun sebanyak 35 orang (70%). Jenis pekerjaan swasta sebanyak 20 orang (40%), IRT sebanyak 26 orang (52%) dan mahasiswa sebanyak 4 orang (8%). Pasien dengan asma terkontrol total sebanyak 7 orang (14%), terkontrol sebagian sebanyak 25 orang (50%), tidak terkontrol sebanyak 18 orang (36%). Kualitas hidup baik sebanyak 30 orang (60%), kualitas hidup sedang sebanyak 11 orang (22%) dan kualitas hidup buruk sebanyak 9 orang (18%).

Kesimpulan: Terdapat hubungan yang bermakna antara tingkat kontrol asma dengan kualitas hidup penderita asma ($p\text{-value} < 0,001$).

Kata kunci: Asma, kontrol asma, kualitas hidup

Ngudi Waluyo University
Pharmacy Study Program, Faculty of Health
Final Project, February 2023
Soleha Kurniawati
051191083

THE RELATIONSHIP BETWEEN THE LEVEL OF ASTHMA CONTROL AND THE QUALITY ON LIFE OF ASTHMA PATIENTS IN SALATIGA CITY HOSPITAL

ABSTRACT

Background: Asthma is a disease in the form of chronic inflammation of the airways, characterized by shortness of breath, wheezing, coughing and others. Asthma can have a negative impact on the productivity of the sufferer, the disturbances caused can limit daily activities. Asthma cannot be cured, it can only be controlled with medication or other preventive measures, so that quality of life can remain optimal. The aim of the study was to analyze the relationship between asthma control level and quality of life of asthma patients at Salatiga City Hospital.

Methods: Survey research (non-experimental), the number of samples used was 50 respondents. The research instruments used were ACT (Asthma Control Test) and Mini-AQLQ (Asthma Quality of Life Questionnaire) questionnaires. Data analysis using Spearman Rank Correlation test.

Results: Based on gender, 20 people were male and 30 people were female. Age 18-45 years as many as 15 people (30%) and 46-65 years as many as 35 people (70%). The type of private work as many as 20 people (40%), housewives as many as 26 people (52%) and students as many as 4 people (8%). Patients with totally controlled asthma were 7 people (14%), partially controlled were 25 people (50%), uncontrolled were 18 people (36%). Good quality of life as many as 30 people (60%), moderate quality of life as many as 11 people (22%) and poor quality of life as many as 9 people (18%).

Conclusion: There is a significant relationship between the level of asthma control and the quality of life of asthma patients (p-value <0.001).

Keywords: Asthma, asthma control, quality of life