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GAMBARAN KUALITAS HIDUP PASIEN POST-OPERATIVE KATARAK DI RUANG POLI MATA RSUD dr.H JUSUF SK TARAKAN

ABSTRAK

Latar belakang: Katarak yang dihadapi oleh penderitanya tidak hanya sekadar gangguan penglihatan namun secara drastis menurunkan kualitas hidup mereka yang mengalaminya, membatasi kemampuan mereka untuk melakukan aktivitas sehari-hari, berinteraksi sosial, bahkan memengaruhi kondisi psikologis seperti memicu kecemasan dan depresi hal ini juga membuat lansia rentan terhadap masalah kognitif dan risiko jatuh.

Tujuan: Diketuainya gambaran kualitas hidup pasien post-operative katarak di ruang Poli Mata RSUD H Jusuf SK Tarakan.

Metode: Jenis penelitian yang digunakan adalah kuantitatif *deskriptif* dengan menggunakan pendekatan survey. Metode Pengambilan sampel dengan teknik purposive sampling dengan jumlah responden 32 orang. Instrumen penelitian menggunakan kuesioner *the world health organization quality of life (WHOQoL-BREF)* yang dianalisis dengan hasil sebaran distribusi frekuensi.

Hasil: Sebanyak 23 (71,9%) berada pada kelompok usia manula (>65 tahun), sebanyak 18 (56,3%) responden perempuan dan responden telah menderita katarak ≤ 5 tahun 19 (59,4%) responden. Berdasarkan kualitas hidup, sangat baik sebanyak 16 (50%) responden, baik sebanyak 13 (40,6%) dan sedang sebanyak 3 (9,4%) responden.

Simpulan: mayoritas responden berada dalam kelompok usia manula (>65 tahun) dengan jenis kelamin perempuan dan lama menderita katarak sebagian besar selama ≤ 5 tahun serta memiliki kualitas hidup sangat baik post operative katarak.

Saran: layanan mata di rumah sakit terus meningkatkan mutu pelayanan pasca operasi katarak, baik dari segi edukasi, pemantauan, maupun pendampingan pemulihan pasien.

Kata kunci: Kualitas hidup, Katarak, Post Op

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AN OVERVIEW OF THE QUALITY OF LIFE OF POST-OPERATIVE CATARACT
PATIENTS IN THE EYE INFLUENCE OF H. JUSUF SK, TARAKAN REGIONAL
HOSPITAL

ABSTRACT

Background: Cataracts are not just visual impairments; they drastically reduce their quality of life, limiting their ability to perform daily activities and interact socially, and even impacting psychological conditions such as triggering anxiety and depression. This also makes the elderly vulnerable to cognitive problems and the risk of falls.

Objective: To determine the quality of life of post-operative cataract patients in the Eye INFLUENCE OF H. Jusuf SK, Tarakan Regional Hospital.

Methods: This study used a quantitative descriptive approach using a survey. The sampling method used a purposive sampling technique with 45 respondents. The research instrument used the World Health Organization Quality of Life (WHOQoL-BREF) and analyzed using frequency distribution.

Results: A total of 23 (71.9%) respondents were in the elderly age group (>65 years), 18 (56.3%) respondents were female, and 19 (59.4%) respondents had suffered from cataracts for ≤ 5 years. Based on quality of life, 16 (50%) respondents had excellent quality of life, 13 (40.6%) respondents had good quality of life, and 3 (9.4%) respondents had fair quality of life.

Conclusion: The majority of respondents were in the elderly age group (>65 years), mostly female, and most had suffered from cataracts for ≤ 5 years and had a very good quality of life post-cataract surgery.

Recommendation: Hospital eye services should continue to improve the quality of post-cataract surgery services, including education, monitoring, and patient recovery support.

Keywords: Quality of life, Cataract, Post Op