

ABSTRAK

Latar Belakang: Osteoarthritis (OA) adalah penyakit degeneratif yang terjadi pada persendian dan dapat disebabkan oleh usia, jenis kelamin, sindrom metabolik, obesitas, dan/atau riwayat cedera. Pada penderita OA dapat muncul keluhan seperti rasa pegal dan kaku pada persendian yang dapat mengganggu aktivitas sehari-hari dan menyebabkan rasa tidak nyaman. Hal tersebut dapat mempengaruhi kualitas hidup dari penderita OA. Rumah Sakit Nasional Diponegoro, Semarang, merupakan salah satu rumah sakit yang menangani banyak pasien OA lutut sehingga perlu diketahui gambaran kualitas hidup dari pasien yang berobat di rumah sakit tersebut guna meningkatkan kepuasan pasien serta kualitas pelayanan rumah sakit.

Tujuan: Mengetahui gambaran kualitas hidup pasien osteoarthritis lutut yang mendapatkan terapi di Instalasi Rehabilitasi Medik Rumah Sakit Nasional Diponegoro.

Metode: Penelitian ini merupakan penelitian deskriptif analitik dengan metode *cross-sectional*. Penelitian dilaksanakan selama bulan Desember 2023 di Instalasi Rehabilitasi Medik Rumah Sakit Nasional Diponegoro. Jumlah sampel yang dikumpulkan sebanyak 64 orang. Pengambilan sampel dilakukan dengan cara *consecutive sampling*, yaitu dengan memasukkan pasien yang memenuhi kriteria penelitian hingga waktu tertentu sampai jumlah sampel terpenuhi. Subjek yang memenuhi kriteria diwawancara menggunakan instrument pengukur kualitas hidup WHOQOL-BREF. Data yang didapat dari hasil wawancara kemudian dianalisis secara deskriptif kemudian dipresentasikan dalam bentuk tabel beserta dengan interpretasinya.

Hasil: Rata-rata skor domain fisik adalah 60,1, domain psikologi 72,2, domain sosial 68,8, dan domain lingkungan 74,8. Keempat domain kualitas hidup memiliki rata-rata skor baik.

Kesimpulan: Pasien OA lutut yang berobat di Instalasi Rehabilitasi Medik Rumah Sakit Nasional Diponegoro memiliki rata-rata kualitas hidup yang baik pada keempat domain kualitas hidup.

Kata Kunci: Osteoarthritis Lutut, Kualitas Hidup, WHOQOL-BREF

ABSTRACT

Background: Osteoarthritis (OA) is a degenerative disease that occurs in the joints and can be caused by factors such as age, gender, metabolic syndrome, obesity, and/or a history of injuries. Individuals with OA may experience complaints such as stiffness and stiffness in the joints, which can interfere with daily activities and cause discomfort. This can affect the quality of life for OA patients. Diponegoro National Hospital in Semarang is one of the hospitals that handles many knee OA patients, so it is important to understand the quality of life of patients treated at the hospital to improve patient satisfaction and the quality of hospital services.

Aims: To understand the quality of life of knee osteoarthritis patients receiving therapy at the Medical Rehabilitation Department of Diponegoro National Hospital.

Methods: This study uses descriptive analytic research with a cross-sectional method. The research was conducted during December 2023 at the Medical Rehabilitation Department of Diponegoro National Hospital. A total of 64 individuals were collected as samples. Sample selection was carried out through consecutive sampling, by including patients who met the research criteria until a predetermined time or sample size was achieved. Subjects meeting the criteria were interviewed using the WHOQOL-BREF quality of life measurement instrument. The data obtained from the interviews were then analyzed descriptively and presented in tabular form along with interpretations.

Results: The average scores for the physical domain were 60.1, psychological domain 72.2, social domain 68.8, and environmental domain 74.8. All four domains of quality of life had good average scores.

Conclusions: Patients with knee osteoarthritis (OA) receiving treatment at the Medical Rehabilitation Department of Diponegoro National Hospital have a good average quality of life in all four domains of quality of life.

Kata Kunci: Knee Osteoarthritis, Quality of Life, WHOQOL-BREF