

ABSTRAK

Latar Belakang: Obesitas merupakan masalah kesehatan utama di seluruh dunia dan menjadi faktor risiko timbulnya penyakit, seperti Diabetes Mellitus Tipe 2, penyakit kardiovaskular, penyakit muskuloskeletal, *obstructive sleep apnea*, hingga keganasan. *American Society for Metabolic and Bariatric Surgery* (ASMB) dan beberapa penelitian mutakhir menyatakan *bariatric surgery* merupakan solusi paling efektif untuk penurunan berat badan dan memperbaiki penyakit penyerta pada pasien obesitas.

Tujuan: Mengetahui pengaruh *bariatric surgery* terhadap kepuasan pasien dengan obesitas di RSUP Dr. Kariadi Semarang.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross-sectional* pada pasien rawat jalan pasca operasi bariatrik. Responden penelitian 10 orang diambil dengan total sampling sesuai dengan kriteria inklusi dan eksklusi. Kuesioner kepuasan pasien post *bariatric surgery* digunakan untuk mengukur tingkat kepuasan terlebih dahulu dilakukan uji validitas dan reliabilitas. Pengolahan data menggunakan analisis univariat berupa persentase dan frekuensi, analisis bivariat pre dan post menggunakan Paired-t Test atau uji Wilcoxon, serta untuk mengurangi bias dilakukan uji selisih pada variabel perancu dengan Independent-t Test atau uji Mann-Whitney.

Hasil: Dari 10 responden yang menjadi subjek penelitian, didapatkan 56,7% responden tidak puas dan 9,52% responden kurang puas terhadap berat badan, penyakit penyerta, fungsi fisik, dan fungsi sosial yang dialaminya sebelum operasi, sedangkan setelah operasi 40% responden menyatakan puas dan 45,71% responden menyatakan sangat puas. Berdasarkan hasil analisis data, jenis kelamin dan metode operasi tidak memiliki pengaruh yang signifikan terhadap kepuasan pasien, kecuali jenis kelamin terdapat pengaruh terhadap perbaikan fungsi fisik ($p = 0,049$).

Kesimpulan: Terdapat pengaruh *bariatric surgery* terhadap penurunan berat badan, perbaikan penyakit penyerta, perbaikan fungsi fisik, fungsi sosial, dan pelayanan rumah sakit.

Kata kunci: Bariatric Surgery, Kepuasan Pasien

ABSTRACT

Background: Obesity is a major health issue worldwide and is a risk factor for various diseases such as Type 2 Diabetes Mellitus, cardiovascular diseases, musculoskeletal disorders, obstructive sleep apnea, and malignancies. The American Society for Metabolic and Bariatric Surgery (ASMBS) and several recent studies state that bariatric surgery is the most effective solution for weight loss and improvement of comorbidities in obese patients.

Aim: To determine the impact of bariatric surgery on patient satisfaction among obese individuals at Dr. Kariadi Central Hospital Semarang.

Methods: This study employed an analytical observational approach with a cross-sectional design among outpatient bariatric surgery patients. Ten respondents were included through total sampling based on inclusion and exclusion criteria. A patient satisfaction questionnaire post bariatric surgery was utilized after validity and reliability testing. Data was processed using univariate analysis in the form of percentages and frequencies. For bivariate pre- and post-analysis, the Paired-t Test or Wilcoxon signed-rank test was used. To reduce bias, the difference in the confounding variable was tested using the Independent-t Test or Mann-Whitney U test.

Results: Out of the 10 respondents in the study, a significant majority (56,7%) expressed dissatisfaction, while another 9,52% less than satisfied with their pre-operative body weight, comorbidities, physical function, and social function. However, the post-operative results revealed a positive shift, 40% of respondents were satisfied and another 45,71% were expressed very satisfied. Data analysis indicated that neither gender nor the surgical method had a significant effect on overall patient satisfaction, except for gender which had an effect on the improvement of physical function ($p = 0,049$).

Conclusion: Bariatric surgery has a significant impact on weight loss, improvement in comorbidities, physical function, social function, and hospital services satisfaction.

Keywords: *Bariatric Surgery, Patient Satisfaction*