

## **Hubungan faktor risiko dengan gejala psikiatrik dan kualitas hidup pada pasien tinitus di RS Dr. Kariadi**

### **ABSTRAK**

**Latar Belakang:** Tinitus adalah persepsi suara tanpa adanya rangsangan eksternal, yang sering dikaitkan dengan tekanan psikologis dan penurunan kualitas hidup. Peranan faktor risiko terhadap gejala psikiatri dan kualitas hidup belum banyak diteliti. **Tujuan:** Mengetahui hubungan antara faktor risiko dengan gejala psikiatri dan kualitas hidup pada pasien tinitus subjektif. **Metode:** Penelitian observasional analitik dengan desain belah lintang pada 75 pasien tinitus subjektif di RS Dr. Kariadi. Data dikumpulkan dari hasil pengisian kuesioner *Depression Anxiety Stress Scale* (DASS-21) untuk penilaian gejala psikiatri dan *Tinnitus Hearing Inventory* (THI) untuk penilaian kualitas hidup. **Hasil:** Subjek sebanyak 75 pasien tinitus, 64% jenis kelamin perempuan dan 57,3% berusia 18-40 tahun. Faktor risiko jenis kelamin ( $p=0,046$ ) dan lokasi tinitus ( $p=0,033$ ) pada gejala depresi. Multivariat menunjukkan jenis kelamin lebih bermakna ( $p=0,037$ ). Usia ( $p=0,017$ ) dan jenis kelamin ( $p=0,013$ ) pada gejala cemas. Multivariat menunjukkan usia lebih bermakna ( $p=0,014$ ). Status gizi ( $p=0,041$ ) dan onset ( $p=0,030$ ) pada gejala stres. Multivariat menunjukkan tidak ada faktor risiko yang berhubungan dengan stres. Jenis kelamin ( $p=0,011$ ) bermakna pada kualitas hidup. Multivariat menunjukkan jenis kelamin lebih bermakna ( $p=0,008$ ). **Kesimpulan:** Terdapat hubungan antara faktor risiko dengan gejala psikiatri dan kualitas hidup pada pasien tinitus.

**Kata kunci:** *tinitus, faktor risiko, gejala psikiatri, kualitas hidup.*

## Association of Risk Factors with Psychiatric Symptoms and Quality of Life in Tinnitus Patients at Dr. Kariadi Hospital

### ABSTRACT

**Background:** Tinnitus, the perception of sound without external stimuli, is commonly linked to psychological stress and impaired quality of life. However, the influence of specific risk factors on psychiatric symptoms and quality of life remains underexplored. **Objective:** To analyze the relationship between risk factors, psychiatric symptoms, and quality of life in patients with subjective tinnitus. **Methods:** This cross-sectional analytical study involved 75 patients with subjective tinnitus at Dr. Kariadi Hospital. Psychiatric symptoms were evaluated using the Depression Anxiety Stress Scale (DASS-21), and quality of life was measured with the Tinnitus Handicap Inventory (THI). **Results:** Among the participants, 64% were female and 57.3% were aged 18–40 years. Gender ( $p=0.046$ ) and tinnitus location ( $p=0.033$ ) were significantly associated with depressive symptoms; gender remained significant in multivariate analysis ( $p=0.037$ ). Anxiety symptoms were associated with age ( $p=0.017$ ) and gender ( $p=0.013$ ), with age more significant in multivariate analysis ( $p=0.014$ ). Stress symptoms were linked to nutritional status ( $p=0.041$ ) and onset of tinnitus ( $p=0.030$ ). Multivariate analysis showed no risk factors associated with stress. Gender was significantly associated with quality of life ( $p=0.011$ ), and remained so in multivariate analysis ( $p=0.008$ ). **Conclusion:** There is an association between risk factors and both psychiatric symptoms and quality of life in patients with tinnitus.

**Keyword:** *tinnitus, risk factors, psychiatric symptoms, quality of life*