

ABSTRAK

Talasemia merupakan kelainan genetik yang diderita seumur hidup dan akan menimbulkan banyak masalah akibat proses penyakit itu sendiri maupun karena pengobatannya. Hal ini akan memengaruhi kualitas hidup anak. Tujuan penelitian ini dilakukan untuk mengetahui Hubungan Lama Sakit dengan Kualitas Hidup Anak Penderita Talasemia Mayor di Ruang Wijaya Kusuma RSUD dr Iskak Tulungagung.

Desain penelitian yang digunakan dalam penelitian ini adalah penelitian observasional analitik dengan pendekatan kuantitatif dan rancangan belah lintang (cross sectional). Teknik pengambilan sampel menggunakan Accidental sampling dan memenuhi kriteria inklusi sejumlah 10 responden. Instrumen dalam penelitian ini menggunakan kuesioner dan Pediatric Quality of Life (PedsQL) Inventory.

Berdasarkan hasil penelitian yang telah dilakukan pada 10 responden didapatkan mayoritas lama terdiagnosa penyakit thalasemia ada di > 5 tahun sebanyak 8 anak (80%), nilai kualitas hidup anak penderita thalassemia, sebanyak 5 anak (52,5%) memiliki kualitas hidup buruk dan 5 anak lainnya (47,5%) memiliki kualitas hidup baik, dengan menggunakan uji Spearman pada SPSS 25 for windows yang diperoleh nilai signficancy ($p 0,038$). Ini menunjukkan adanya hubungan antara lama sakit dengan kualitas hidup anak penderita thalassemia. Semakin lama anak menderita sakit maka kualitas hidup akan mengalami penurunan. Dimana fungsi fisik, fungsi emosi, fungsi social dan fungsi sekolah sangat berpengaruh terhadap hidupnya. Oleh sebab itu diperlukan perhatian, dukungan dan motivasi yang kuat agar kualitas hidup anak penderita thalasemia dapat meningkat.

Kata kunci: Lama Sakit, Kualitas Hidup Anak, Talasemia Mayor

ABSTRACT

Thalassemia is a genetic disorder that is suffered throughout life and will cause many problems due to the disease's process or because of the treatment. This will affect the child's quality of life. Chronic diseases in children causing many changes including physical, social, emotional and school which can affect C. The purpose of this research was to determine the relationship between length of illness and quality of life of children with thalassemia major in the Wijaya Kusuma Room at Dr Iskak Hospital, Tulungagung.

The research design used in this research is analytical observational research with a quantitative approach and a cross-sectional design. The sampling technique used accidental sampling with the inclusion criteria of 10 respondents. The instrument in this study used the Pediatric Quality of Life (PedsQL) Inventory.

Based on the results of the study conducted on 10 respondents, it was found that the majority of the length of time diagnosed with thalassemia was > 5 years, as many as 8 children (80%), the quality of life value of children with thalassemia, as many as 5 children (52.5%) had poor quality of life and 5 other children (47.5%) had good quality of life, using the Spearman test on SPSS 25 for windows obtained a significance value ($p 0.038$). This shows that there is a relationship between the length of illness and the quality of life of children suffering from thalassemia. The longer a child suffers from illness, the quality of life will decrease. Where physical function, emotional function, social function and school function very influential on life. Therefore, consent, support and motivation is needed so that the quality of life of children with thalassemia can improve.

Key words: Duration of illness, the child's quality of life., thalassemia major