

## INTISARI

**MIRAWATI, 2013, HUBUNGAN ANTARA KARAKTERISTIK, TERAPI, DAN BIAYA TERAPI DENGAN KUALITAS HIDUP PASIEN DIABETES MELITUS TIPE 2 DI RSUD KABUPATEN SUKOHARJO TAHUN 2012, TESIS, FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI, SURAKARTA.**

Diabetes melitus tipe 2 merupakan suatu penyakit kronik yang tidak bisa disembuhkan secara total yang berakibat pada *Health Related Quality of Life* (HRQoL) dan memerlukan perawatan pribadi secara khusus untuk penyakitnya. Penelitian ini bertujuan untuk menilai hubungan antara karakteristik pasien, terapi, dan biaya dengan kualitas hidup pasien diabetes melitus tipe 2 yang diterapi rawat jalan di RSUD Kabupaten Sukoharjo.

Penelitian ini menggunakan metode *observational crosssectional*. Data diambil secara *concurrent* dan retrospektif dengan menggunakan teknik *purposive sampling*. Bahan penelitian yang digunakan yaitu hasil kuesioner pasien, rekam medik, dan biaya medik langsung. Subyek penelitian adalah pasien diabetes melitus tipe 2 rawat jalan di RSUD Kabupaten Sukoharjo yang telah menerima antidiabetik minimal tiga bulan terapi sebelum pengukuran kualitas hidup. Untuk mengetahui hubungan antara karakteristik, terapi dan biaya dengan kualitas hidup digunakan analisis *bivariate correlation*.

Berdasarkan penelitian diperoleh hasil bahwa kualitas hidup yang lebih baik yaitu pada pasien dengan jenis kelamin laki-laki ( $75,76 \pm 6,73$ ), usia 40-54 tahun ( $77,73 \pm 4,73$ ), menikah ( $75,83 \pm 5,64$ ), tingkat pendidikan sarjana ( $76,75 \pm 6,38$ ), pekerjaan buruh ( $78,11 \pm 0$ ), durasi DM 0-5 tahun ( $76,32 \pm 5,69$ ). Jenis terapi yang digunakan yaitu terapi tunggal, terapi 2 kombinasi, dan 3 kombinasi. Kualitas hidup yang lebih baik pada terapi tunggal dengan biguanida ( $80,21 \pm 3,91$ ). Biaya total rata-rata pasien yaitu Rp.186.558±182.898. Hasil analisis statistik menunjukkan korelasi pada jenis kelamin ( $p=0,125$ ), usia ( $p=0,021$ ), status pernikahan ( $p=0,22$ ), pendidikan ( $p=0,22$ ), pekerjaan ( $p=0,47$ ), durasi DM ( $p=0,11$ ), jenis terapi ( $p=0,404$ ), pencapaian target terapi ( $p=0,012$ ), dan biaya ( $p=0,549$ ). Dari hasil analisis tersebut dapat disimpulkan bahwa usia, status pernikahan, pendidikan, pekerjaan, durasi DM, dan pencapaian target terapi mempunyai hubungan yang signifikan ( $p < 0,05$ ) dengan kualitas hidup pasien diabetes melitus tipe 2.

**Kata kunci :** Diabetes melitus tipe 2, kualitas hidup, karakteristik, terapi dan biaya terapi, DQLCTQ.

## ABSTRACT

**MIRAWATI, 2013, THE ASSOCIATION BETWEEN THE CHARACTERISTICS, THERAPY, AND COST OF THERAPY WITH QUALITY OF LIFE OF PATIENTS WITH TYPE 2 DIABETES MELLITUS AT SUKOHARJO HOSPITAL 2012, THESIS, FACULTY OF PHARMACY, UNIVERSITY OF SETIA BUDI, SURAKARTA.**

Diabetes mellitus type 2 is a chronic disease that can not be cured completely which resulted in the Health Related Quality of Life (HRQoL) and requires personal care specifically for the disease. This study aimed to assess the association between patient characteristics, therapy, and cost of therapy with quality of life of outpatient with type 2 diabetes mellitus in Sukoharjo Hospital.

This study used cross sectional observational method. Data were taken concurrent and retrospective studies using purposive sampling technique. The research material were used the results of the patient questionnaire, medical records, and direct medical costs. Subjects were patients of type 2 diabetes mellitus in hospital outpatient Sukoharjo who had received at least three months of oral antidiabetic therapy prior to the measurement of quality of life. To determine the relationship between the characteristics, therapy and cost of therapy with quality of life used bivariate correlation analysis.

Based on the research results that the quality of life was better in patients with male gender ( $75,76\pm 6,73$ ), age 40-54 years ( $77,73\pm 4,73$ ), married ( $75,83\pm 5,64$ ), casement undergraduate education ( $76,75\pm 6,38$ ), labor work ( $78,11\pm 0$ ), 0-5 years duration of DM ( $76,32\pm 5,69$ ). Therapy used monotherapy, two combination therapy, and three combinations. Better quality of life in monotherapy with Biguanides ( $80,21\pm 3,91$ ). The average total cost of patients were Rp.186.558±182.898. The results of the statistical analysis showed a correlation gender ( $p=0,125$ ), age ( $p=0,021$ ), marital status ( $p=0,22$ ), education ( $p=0,22$ ), work ( $p=0,47$ ), duration of DM ( $p=0,11$ ), type of therapy ( $p=0,404$ ), achieving therapeutic targets ( $p=0,012$ ), and cost of therapy ( $p=0,549$ ). From the analysis concluded that age, marital status, education, occupation, duration of DM, and achieving therapeutic targets had a significant relationship with quality of life of patients with type 2 diabetes mellitus.

**Key words :** diabetes mellitus type 2, quality of life, characteristics, therapy and cost of therapy, DQLCTQ.