

KUALITAS HIDUP PADA PASIEN ORANG DENGAN GANGGUAN JIWA (ODGJ) YANG SEDANG MENJALANI PENGOBATAN DI RUMAH SAKIT UMUM DAERAH BANYUMAS

ABSTRAK

Latar Belakang : Kualitas hidup seseorang dengan gangguan mental rendah daripada orang yang tidak mengalami karena turunnya kualitas hidup. Apabila aspek kualitas hidup pada seseorang buruk, maka berakibat terganggunya aktivitas keseharian. Penelitian sebelumnya menunjukkan pasien skizofrenia memiliki fungsi sosial buruk sehingga menyebabkan penurunan kualitas hidup.

Tujuan : Untuk mengidentifikasi aspek penilaian diri, kebebasan, perasaan, hubungan, aktivitas harian, kesehatan fisik, masa depan, dan kesejahteraan psikologi pada pasien ODGJ yang sedang menjalani pengobatan di RSUD Banyumas.

Metode : penelitian deskriptif desain pengambilan sewaktu atau *cross sectional* (potong lintang) yang dilakukan pada pasien ODGJ di Poliklinik Jiwa RSUD Banyumas. Subjek penelitian berjumlah 55 orang. Pengambilan sampel diperoleh dari data primer melalui kuesioner *Mental Health Questionnaire Of Life (MHQOL)*. Data yang terkumpul dianalisis secara deskriptif .

Hasil : Dari 55 responden, 31 responden memiliki penilaian diri dengan berpikir positif, 36 responden memiliki kemandirian sangat puas, 32 responden tidak merasa khawatir, 47 responden memiliki hubungan sangat nyaman, 49 responden sangat puas dengan aktivitas harian, 43 responden tidak memiliki masalah kesehatan, 31 responden optimis dengan masa depan.

Kesimpulan : Kualitas hidup pasien ODGJ yang sedang menjalani pengobatan di RSUD Banyumas berdasarkan aspek penilaian diri, kebebasan, perasaan, hubungan, aktivitas harian, kesehatan fisik, masa depan, dan kesejahteraan psikologi baik.

Kata kunci : Banyumas, gangguan jiwa, kualitas hidup

**QUALITY OF LIFE IN PATIENTS WITH MENTAL DISORDERS
UNDERGOING TREATMENT IN BANYUMAS REGIONAL GENERAL
HOSPITAL**

ABSTRACT

Background : The quality of life for someone with mental disorders is lower than for people who do not have it because of the decreased quality of life. If the aspect of quality of life in a person is bad, it results in disruption of daily activities. Previous studies have shown that schizophrenic patients have poor social functioning, causing a decrease in quality of life.

Objective : To identify aspects of self-image, independence, mood, relationship, daily activities, physical health, future, psychological well-being in patients with mental disorders who are undergoing treatment at Banyumas Hospital.

Methods : Descriptive research study with cross sectional design was conducted on patients with mental disorders at the Psychiatric Polyclinic of Banyumas Hospital. The number of samples used was 55 people. Sampling was obtained from primary data through the Mental Health Questionnaire Of Life (MHQOL) questionnaire. The collected data were analyzed descriptively

Results : From 55 respondents, 31 respondents had positive thinking self-assessment, 36 respondents very satisfied with independence, 32 respondents didn't feel worry, 47 respondents very comfortable with relationships, 49 respondents very satisfied with activities, 43 respondents didn't have health problems, 31 respondents optimistic about the future.

Conclusion : The quality of life of patients with mental disorders who are undergoing treatment at the Banyumas General Hospital based on aspects of self-assessment, freedom, feelings, relationships, daily activities, physical health, future, and psychological well-being are good.

Keywords : Banyumas, mental disorder, quality of life