

Abstrak  
**GAMBARAN KUALITAS HIDUP PENYANDANG TALASEMIA DI BANYUMAS**

*Endah Puspita<sup>1</sup>, Made Sumarwati<sup>2</sup>, Eni Rahmawati<sup>3</sup>*

**Latar Belakang:** Talasemia merupakan kelainan genetik pada sel darah merah yang diturunkan oleh orang tua dan pada klasifikasi talasemia mayor memerlukan terapi rutin untuk menunjang kehidupan. Di Indonesia terdapat 9082 orang penyandang talasemia. Namun faktanya, belum terdapat penelitian tentang kualitas hidup pada penyandang talasemia di Banyumas. Tujuan penelitian ini adalah untuk mengetahui gambaran kualitas hidup penyandang talasemia di Banyumas.

**Metodologi:** Penelitian ini merupakan penelitian kuantitatif dengan metode deskriptif. Penelitian ini menggunakan instrumen WHOQOL-BREF. Penelitian ini menggunakan teknik pengambilan sampel yaitu *simple random sampling*. Analisis data dilakukan dengan analisis univariat. Pada penelitian ini terdapat 57 partisipan dengan 55 bersedia dan 2 tidak bersedia menjadi partisipan.

**Hasil Penelitian:** Hasil penelitian menunjukkan bahwa sebanyak 41(75%) orang memiliki kualitas hidup baik, 6 (11%) orang memiliki kualitas hidup sangat baik, dan 8 (14%) orang memiliki kualitas hidup sedang.

**Kesimpulan:** Berdasarkan penelitian yang telah dilakukan, maka ditarik kesimpulan bahwa mayoritas penyandang talasemia di Banyumas memiliki kualitas hidup baik.

**Kata Kunci:** dewasa, kualitas hidup, remaja, talasemia, WHOQOL-BREF

<sup>1</sup> Mahasiswa Jurusan Keperawatan FIKes Universitas Jenderal Soedirman

<sup>2,3</sup> Departemen Keperawatan FIKes Universitas Jenderal Soedirman

## *Abstract*

### **DESCRIPTION OF QUALITY OF LIFE OF PEOPLE WITH THALASEMIA IN BANYUMAS**

*Endah Puspita<sup>1</sup>, Made Sumarwati<sup>2</sup>, Eni Rahmawati<sup>3</sup>*

**Background:** Thalassemia is a blood genetic disorder from parents and in the classification of thalassemia major requires routine therapy to support life. In Indonesia, there are 9082 people with thalassemia. But in fact, there has been no research on the quality of life of people with thalassemia in Banyumas. The purpose of this study was to describe the quality of life of people with thalassemia in Banyumas.

**Methodology:** This research was a quantitative research with descriptive method. This research used the WHOQOL-BREF for research instrument. This study used a sampling technique that is simple random sampling. Data analysis was performed by univariate analysis. This study were 57 participants, 55 willing and 2 unwilling participants.

**Research Results:** The results of the study showed that 41 (75%) people had a good quality of life, 6 (11%) people had a very good quality of life, and 8 (14%) people had a moderate quality of life.

**Conclusion:** Based on the research that has been done, it is concluded that the majority of people with thalassemia in Banyumas have a good quality of life.

**Keywords:** adults, quality of life, adolescent, thalassemia, WHOQoL-BREF.

<sup>1</sup> Student of Faculty of Health Sciences, Jenderal Soedirman University

<sup>2,3</sup> Nursing Departement Faculty of Health Sciences, Jenderal Soedirman University

