

ABSTRAK

Latar Belakang: Hipertensi dan diabetes melitus merupakan penyakit kronis yang kesehatan bertujuan mencapai kualitas hidup optimal. Penelitian ini bertujuan untuk mengetahui nilai utilitas dan perbedaan kualitas hidup berdasarkan karakteristik usia, jenis kelamin, pendidikan, pekerjaan dan lama menderita penyakit dengan EQ-5D-5L.

Metodologi: Penelitian ini merupakan studi observasional dengan pendekatan *cross sectional*. Teknik pengambilan sampel *accidental sampling*. Sampel penelitian ini 128 pasien hipertensi dan 93 pasien diabetes melitus di Puskesmas Purwokerto Utara I dan II. Analisis utilitas pasien diukur dengan kuesioner EQ-5D-5L versi Indonesia, selanjutnya perbedaan kualitas hidup berdasarkan karakteristik dianalisis secara bivariat menggunakan uji *Mann-Whitney*.

Hasil penelitian: Nilai utilitas dan VAS pasien hipertensi 0,89 dan 80 sedangkan pasien diabetes melitus 0,85 dan 78, tidak terdapat masalah dimensi kemampuan berjalan/bergerak, perawatan diri, kegiatan yang biasa dilakukan dan sedikit masalah rasa kesakitan/rasa tidak nyaman dan rasa cemas/depresi. Tidak terdapat perbedaan yang signifikan antara utilitas hipertensi dan diabetes melitus. Terdapat perbedaan signifikan nilai utilitas berdasarkan karakteristik usia hipertensi.

Kesimpulan: Nilai utilitas pasien prolans hipertensi dan diabetes melitus menunjukkan nilai utilitas yang baik, sehingga tenaga kesehatan perlu mempertahankan pemberian edukasi terhadap pasien prolans, agar dapat meningkatkan kualitas hidup pasien prolans di Puskesmas Purwokerto Utara I dan II.

Kata Kunci : kualitas hidup, prolans, EQ-5D-5L

ABSTRACT

Background: Hypertension and diabetes mellitus are chronic diseases that can affect the quality of life. Prolanis is a health care system that aims to achieve optimal quality of life for hypertension and diabetes mellitus patients. This study aims to determine the utility value and differences in the quality of life of hypertension and diabetes mellitus patients based on the characteristics of age, gender, education, occupation and length of suffering from patients' disease with EQ-5D-5L.

Methodology: This study was an observational study with a cross sectional approach and accidental sampling technique. The sample of this study were 128 hypertension patients and 93 diabetes mellitus patients at Puskesmas Purwokerto Utara I and II. The analysis of patients' utility was measured by the EQ-5D-5L questionnaire in Indonesian version, furthermore the differentiate in quality of life was analyzed using the Mann-Whitney test.

Results: The results depict that the utility based on the EQ-5D-5L questionnaire for hypertensive patients were 0.89 and 0.85 for diabetes mellitus patients and VAS for hypertension patients were 80 and 78 for diabetes mellitus patients, there were no problem in the dimensions of mobility, self care, common activity and several problems in dimensions of pain/discomfort and anxiety/depression. There were no significant difference between the utility of hypertension and diabetes mellitus. Moreover, there were a significant difference of the utility based on the characteristics of hypertension patient's age.

Conclusion: The utility value for the prolanis of hypertension and diabetes mellitus patients show a good value, so that the health workers need to maintain the provision of education to the prolanis patients, in order to improve the life quality of prolanis patients at Puskesmas Purwokerto Utara I and II.

Keywords: *Quality of life, Prolanis, EQ-5D-5L*