

## Studi Fenomenologi tentang Pengalaman ILWHA (Injecting Drug Users Living with HIV/AIDS) dalam Menjalani Terapi Antiretroviral Saat Terapi Rumatan Metadon di RS Ketergantungan Obat Jakarta

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### Abstrak

Penelitian ini merupakan penelitian kualitatif dengan pendekatan fenomenologi yang bertujuan untuk memahami berbagai pengalaman ILWHA (Injecting Drug User Living with HIV/AIDS) dalam menjalani terapi ARV pada saat terapi rumatan metadon. Partisipan dalam penelitian ini berjumlah 6 orang yang telah menjalani terapi ARV lebih dari 3 bulan dan sedang menjalani terapi rumatan metadon. Partisipan dipilih dengan cara purposive sampling. Pengumpulan data adalah dengan wawancara mendalam dan analisis serta sintesis menggunakan metode Colaizzi's. Hasil penelitian menunjukkan pengalaman ILWHA dalam menjalani terapi ARV pada saat terapi rumatan metadon yang diungkapkan secara mendalam dengan berbagai penjelasan yang penuh emosi dan digambarkan dengan pernyataan-pernyataan tematik. Penelitian ini menyimpulkan setiap ILWHA mengalami kebuaran dan lebih fungsional dalam hidup. Setiap ILWHA mengalami: 1) beban fisik akibat efek ARV dan gejala putus obat, 2) beban psikologi, yaitu ketidakberdayaan, kecemasan dan gangguan mood, 3) beban sosial, yaitu stigma dan diskriminasi serta kehilangan kesempatan bekerja. Menjalani terapi ARV pada saat terapi rumatan metadon merupakan proses pembelajaran dan dijalani dengan kepasrahan. Terdapat berbagai kebutuhan pelayanan kesehatan yaitu pelayanan yang terintegrasi antara ARV dan metadon, informasi penanggulangan efek ARV dan gizi serta informasi HIV, ARV dan metadon bagi masyarakat. Berdasarkan hal tersebut, perawat medikal bedah perlu memahami aspek fisik, psikologis, dan sosial serta kedinamisan ILWHA dalam terapi ARV pada saat terapi rumatan metadon selain itu juga perlu mengidentifikasi dan mengembangkan lebih lanjut kebutuhan pelayanan kesehatan pada ILWHA yang sedang menjalani terapi ARV.

<hr>This is a qualitative research with phenomenological approach which was aimed to understand ILWHA experiences in receiving ARV therapy during methadone maintenance therapy. Six participants who have had received ARV therapy for more than 3 months and were undergoing methadone maintenance therapy were chosen using purposive sampling. Data was collected with a deep interview and further was analyzed and synthesized with Colaizzi's. The results showed ILWHA experiences in receiving ARV therapy during methadone maintenance therapy were expressed in depth with various emotional explanations and were described with thematic statements. The conclusion of this research was every ILWHA experiences fitness and more functional in live. Every ILWHA experiences: 1) physical burden as the effect of ARV and drug withdrawal, 2) psychological burden, including helplessness, anxiety and mood disturbance, 3) social burden, such as stigma, discrimination and losing opportunity to work. Receiving ARV therapy during methadone maintenance therapy is a learning process and should be through in a sincere heart. There are health service needs such as integrated service between ARV and methadone, information of ARV effects, nutrition, and knowledge related to HIV, ARV and methadone for community. Based on this fact, medical surgical nurses need to understand physical, psychological and social aspects and ILWHA dynamicity in receiving ARV therapy during methadone maintenance therapy. The nurses are also necessary to identify and develop a further nursing care needs among ILWHA who are receiving ARV.