

# Hubungan depresi dan self care practice dengan tingkat fatigue pada pasien HIV/AIDS di klinik POKJA HIV/AIDS RSPI Prof Dr. Sulianti Saroso = correlation between depression and self care practice on fatigue level of HIV/AIDS patient at POKJA HIV/AIDS RSPI Prof Dr. Sulianti Saroso

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## Abstrak

Infeksi HIV/AIDS akan menimbulkan infeksi berkepanjangan dan gangguan pada semua sistem tubuh serta masalah psikologis seperti depresi dan akhirnya menimbulkan fatigue. Intervensi untuk mengatasi fatigue salah satunya dengan self care practice. Tujuan penelitian adalah mengidentifikasi hubungan depresi dan self care practice dengan tingkat fatigue pada penderita HIV/AIDS. Metode penelitian menggunakan analitik korelasi dengan cross sectional, dan jumlah sampel 98 responden. Pengambilan sampel dengan tehnik purposive sampling. Hasil penelitian menunjukkan rata-rata usia 33,2 tahun, berjenis kelamin laki-laki 85,7%, berpendidikan tinggi 91,8%, berpenghasilan > UMR 73,5%, Telah mengkonsumsi ARV selama 36,96 bulan, rata-rata kadar CD4 310 cell/mm<sup>3</sup>, ratarata Hb 13 gr%.

Analisis hubungan menunjukkan ada hubungan yang bermakna antara depresi, self care practice dengan tingkat fatigue ( $p < 0,05$ ). Analisis selanjutnya menunjukkan responden yang mengalami depresi dan mempunyai self care practice yang kurang beresiko terjadi fatigue berat setelah dikontrol oleh kadar haemoglobin. Diketahui bahwa depresi merupakan faktor yang dominan yang berhubungan dengan fatigue. Rekomendasi peneliti adalah peningkatan peran perawat sebagai konselor terhadap gejala depresi dan fatigue pada pasien HIV dan dikembangkan strategi self care practice.

.....HIV/ AIDS infection will cause prolonged infection and disturbance to all body system and also psychological such as depression and eventually fatigueness. One of the interventions to deal with fatigue is by self care practice. The research's goal is to identify the relation between depression and self care practice on fatigue level of HIV/AIDS patient. The method of the research applied correlation analysis with cross sectional. There were 98 respondents. Sample was taken by purposive sampling technique. The research showed that 85,7 % male respondents with 33,2 years of age in average, 91,8 % highly educated, 73,5 % earns higher than Regional Minimum Wage, has consumed ARV for 36 months, CD4 rate average of 310 cell/mm<sup>3</sup>, Hb rate 13 gr% in average.

The analysis showed that there was a significant relation between depression, self care practice with fatigue level of ( $p < 0,05$ ). Further analysis showed that respondents that underwent depression and had lower self care practice will risk heavy fatigue after controlled by hemoglobin rate. It was found that depression is the dominant factor related to fatigue. The researcher recommends that there should be an increase of nurse's role as counselor to depression symptom and fatigue of HIV patient. There should also efforts to develop self care practice.