

# Gambaran gangguan psikiatri pada pasien TB-MDR (Multi Drug Resistant) dan stres psikososial yang memengaruhi di RSUP Persahabatan = Psychiatric disorders in patients with Multi Drug Resistance Tuberculosis and psychosocial stress influences in RSUP Persahabatan

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## Abstrak

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Latar Belakang. Pasien TB-MDR sedang menjalankan pengobatan akan memengaruhi kondisi kejiwaan yang dapat disebabkan dari obat-obatan TB-MDR dan atau stres psikososial. Tujuan penelitian adalah mendapatkan gambaran gangguan psikiatri pada pasien TB-MDR dan stres psikososial yang memengaruhi.

Metode. Penelitian ini menggunakan desain potong lintang dengan subjek penelitian berjumlah 50 orang. Pengambilan sampel pada subjek menggunakan metode konsekutif. Instrumen yang digunakan pada penelitian ini adalah MINI ICD-10 dan Life Experiences Survey (LES) dari Irwin G. Sarason yang terdiri dari 60 item yang dinilai dengan skala likert -3 sampai 3. Pada subjek dinilai dampak positif dan negatif stresor menggunakan instrumen LES. Data demografi meliputi usia, jenis kelamin, status pernikahan, jumlah anak, agama, suku, agama, pendapatan, tingkat pendidikan, obat-obatan yang digunakan dan jangka waktu pengobatan. Data dianalisis dengan menggunakan program SPSS untuk windows versi 20. Tingkat kemaknaan yang digunakan untuk uji statistik adalah  $p < 0,05$ .

Hasil. Proporsi gangguan psikiatri pada subyek TB-MDR adalah 62%. Proporsi gangguan psikiatri pada subjek TB-MDR terbanyak pada gangguan depresi (32%) diikuti dengan risiko bunuh diri (26%), gangguan panik (24%), gangguan anxietas menyeluruh (20%), gangguan depresi berulang (12%), gangguan psikotik (12%), gangguan agorafobia (8%), gangguan obsesif kompulsif (8%), agorafobia dengan gangguan panik (4%), anorexia nervosa (2%) dan gangguan berkaitan dengan zat psikoaktif (2%). Sebagian besar subjek mendapatkan regimen standar pengobatan TB-MDR mengalami gangguan psikiatri sebesar 58,1%. Terdapat hubungan yang bermakna antara usia subjek dengan gangguan psikiatri sebesar  $<0,001$ , antara obat TB-MDR yang didapatkan dengan risiko bunuh diri ( $p < 0,005$ ) dan antara stresor psikososial dengan gangguan psikiatri.

Kesimpulan. Terdapat gangguan psikiatri pada subjek TB-MDR selama menjalani pengobatan. Kelompok subjek TB-MDR dengan gangguan psikiatri cenderung memiliki skor stres negatif yang lebih tinggi (lebih banyak yang mengalami stresor negatif) dibandingkan dengan subjek tanpa gangguan

**ABSTRACT**  
Background. Patients with Multi Drug Resistance Tuberculosis (MDR-TB) during treatment can influence psychiatric conditions caused by MDR-TB drugs and psychosocial stress. The objective of this research is to describe various psychiatric disorders in patients with MDR-TB and various psychosocial stress during the treatment.

**Methods.** Design of this study is a cross-sectional design with total 50 subjects. Subjects were selected through consecutive sampling methods. Instruments used in this study were the MINI ICD-10 and Life Experiences Survey (LES) of Irwin G. Sarason which consists of 60 items of Likert scale ranging from -3 to 3. Subjects were assessed using the positive and negative impacts of stressors with LES instrument. Demographic data observed consist of age, gender, marital status, number of children, religion, ethnicity, religion, income, education level, drugs taken and the length of treatment. Data were analyzed using SPSS for Windows version 20. The level of significance used for the statistical tests was  $p < 0.05$ .

**Results.** Proportion of psychiatric disorders in subjects with MDR-TB is 62%. Proportion of psychiatric disorders in subjects with MDR-TB are depressive disorders (32%) followed by risk of suicide (26%), panic disorder (24%), anxiety disorder (20%), recurrent depressive disorder (12%), psychotic disorder (12%), agoraphobia disorders (8%), obsessive compulsive disorder (8%), agoraphobia with panic disorder (4%), anorexia nervosa (2%) and psychoactive substances associated disorders (2%). Proportion of psychiatric disorders in subjects getting standard treatment regimen for MDR-TB are 58.1%. A significant relationship is made statistically between age of subjects with psychiatric disorders, MDR-TB drugs with suicide risk and psychosocial stressors with psychiatric disorders.

**Conclusions.** Psychiatric disorders were found in subjects with MDR-TB during treatment. Subject groups of MDR-TB with psychiatric disorders have higher negative stress score (more likely to have a negative stressor) than subjects without psychiatric disorders. ;**Background.** Patients with Multi Drug Resistance Tuberculosis (MDR-TB) during treatment can influence psychiatric conditions caused by MDR-TB drugs and psychosocial stress. The objective of this research is to describe various psychiatric disorders in patients with MDR-TB and various psychosocial stress during the treatment.

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