

# Hubungan antara faktor individu dengan kualitas hidup pengguna narkoba di RSKO Jakarta dan Puskesmas Tanjung Priok tahun 2017 = The correlation between individual factors and quality of life of drug users in the drug dependence hospital Jakarta and Tanjung Priok Primary Healthcare in 2017

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## Abstrak

Program Terapi Rumatan Metadon PTRM efektif untuk meningkatkan kualitas hidup pengguna narkoba. Peningkatan kualitas hidup dari pasien bervariasi antar institusi penyelenggara PTRM. Tujuan dari penelitian ini untuk mengetahui gambaran faktor individu dan kualitas hidup serta hubungan antara faktor individu dan kualitas hidup pengguna narkoba di RSKO Jakarta dan Puskesmas Tanjung Priok. Penelitian ini menggunakan metode kros sektional pada 100 pasien yang dipilih menggunakan metode kuota sampling pada bulan Juni 2017.

Data dikumpulkan menggunakan kuesioner WHOQOL-BREF, the Epworth Sleepiness Scale, Arizona Sexual Experiences Scale, General Self-Efficacy Scale, dan kuesioner lainnya. Analisa data menggunakan metode statistik deskriptif dan analitis, uji T independen, uji kai kuadrat, dan uji multivariat regresi logistik menggunakan SPSS versi 19.

Rata-rata usia responden 35,80 6,42 tahun dan 94 berjenis kelamin laki-laki. Rata-rata skor kualitas hidup yaitu 65,78 13,45. Skor tertinggi terdapat pada domain psikologis 74,18 18,53 dan skor terendah terdapat pada domain hubungan sosial 59,37 17,41. Berdasarkan analisis multivariat regresi logistik, skor kualitas hidup dipengaruhi oleh usia, pendapatan, aktivitas fisik sedang/ berat, kualitas tidur, dan efikasi diri.

Methadone maintenance therapy has been found to improving in the quality of life. However, there were vary of improvement in several institutions where MMT program conducted. The present study aims at describing individual factors and quality of life and the correlation between individual factors and quality of life among drug users in The Drug Dependence Hospital Jakarta and Tanjung Priok Healthcare. This present study was conducted through a cross sectional method in which 100 patients were selected using a quota sampling method in June 2017.

Data were collected through WHOQOL BREF questionnaires, the Epworth Sleepiness Scale, Arizona Sexual Experiences Scale, General Self Efficacy Scale, and other questionnaires. Data analysis was performed using descriptive and analytical statistical methods, independent t test, chi square, and multivariable logistic regression model using SPSS V.19.

The mean age of the participants was 35.80 6.42, and 94 of the patients were man. The mean score of the total HRQOL was 65.78 13.45 the highest score of HRQOL was related to the psychological domain 74.18 18.53 and the lowest to the dimension of social health 59.37 17.41. Based on multivariable logistic regression, total QOL was influenced by age, monthly income, high moderate physical activity, normal sleepers, and self efficacy.