

## Analisis faktor-faktor yang mempengaruhi kualitas hidup pasien spinal cord injury dengan neurogenic bladder = Analysis of factors influencing quality of life on spinal cord injury with neurogenic bladder patient

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### Abstrak

Spinal Cord Injury (SCI) dengan neurogenic bladder menyebabkan penurunan quality of life (QOL). Model konseptual QOL mengemukakan bahwa faktor karakteristik individu, karakteristik lingkungan, fungsi biologis, gejala, status fungsional dan persepsi kesehatan umum dapat mempengaruhi QOL. Penelitian ini bertujuan menganalisis faktor-faktor yang mempengaruhi QOL. Penelitian ini menggunakan desain deskriptif korelasional pada 55 pasien SCI dengan neurogenic bladder di Indonesia. QOL dinilai dengan menggunakan WHOQOL-BREF. Rerata total skor QOL adalah 47,55.

Hasil penelitian menunjukkan faktor yang memiliki hubungan signifikan dengan QOL adalah pengetahuan ( $p=0,006$ ), dukungan sosial ( $0,000$ ), kondisi lingkungan ( $p=0,000$ ), status fungsional ( $p=0,001$ ) dan persepsi kesehatan ( $0,000$ ). Faktor yang paling berpengaruh adalah persepsi kesehatan. Berdasarkan hasil penelitian optimalisasi proses adaptasi dan rehabilitasi akan membantu persepsi pasien SCI dengan neurogenic bladder untuk dapat hidup normal atau mendekati normal dengan kondisinya.

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Spinal cord injury (SCI) with neurogenic bladder lead to decrease of quality of life (QOL). Conceptual model of QOL propose there are several factors influencing QOL. There are characteristics of individual, characteristics of environment, biological function, symptom, functional status, and general health perception. The objective of this study was to analyze factors influencing to QOL. This was descriptive correlational study to 55 SCI with neurogenic bladder patients in Indonesia. QOL was measured by WHOQOL-BREF. Total mean score of QOL was 47,55.

Study showed that factor that significantly correlating with QOL were knowledge ( $p=0,006$ ), social support ( $p=0,000$ ), environment condition ( $p=0,001$ ), functional status ( $p=0,001$ ) and health perception ( $p=0,000$ ). The most influencing factor was health perception. Based on the study result it is necessary to optimize adaptation and rehabilitation process which could help SCI with neurogenic patient perception to life normally.