

## **Hubungan Rinitis Alergi terhadap Kualitas Hidup Pelajar SMP Negeri 9 Kendari = The Association between Allergic Rhinitis and Quality Of Life in Adolescents: A Study at SMPN 9 Kendari**

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### **Abstrak**

Rinitis alergi (RA) merupakan penyakit kronis paling umum pada anak dan remaja. RA seringkali muncul bersamaan dengan entitas alergi lain berupa asma dan/atau eskim dapat menyebabkan multimorbiditas alergi. RA dapat menyebabkan penurunan kualitas hidup yang berdampak pada performa belajar dan sosial anak. Perlu diketahui lebih lanjut kualitas hidup remaja dengan RA dan hubungan multimorbiditas alergi terhadap kualitas hidup remaja dengan RA. Penelitian potong lintang dilakukan pada 104 pelajar SMPN 9 Kendari. Penelitian ini menggunakan kuesioner International Study of Asthma and Allergies in Childhood (ISAAC) untuk menilai entitas alergi dan Mini Rhinoconjunctivitis Quality of Life Questionnaire (MiniRQLQ) untuk menilai kualitas hidup. RA ditemukan pada 30.6% pelajar dengan proporsi laki-laki dan perempuan sebesar 35.6% dan 64.4%. Multimorbiditas alergi terdapat pada 62.5% subjek. Median skor total kualitas hidup untuk remaja RA pada penelitian ini yaitu 3 (1–6). Tidak ditemukan hubungan yang signifikan antara multimorbiditas alergi dan kualitas hidup remaja RA ( $p=0.286$ ). Proporsi perempuan dengan RA lebih banyak dibanding laki-laki. Sebagian besar subjek penelitian merasa cukup terganggu dengan kondisi RA dan tidak terdapat hubungan antara multimorbiditas alergi dengan kualitas hidup remaja. ....Allergic rhinitis (AR) is a common chronic condition in children and adolescents, often coexisting with asthma and/or eczema and leading to allergic multimorbidity. AR affects quality of life, potentially decreasing academic and social performance. Understanding the impact of AR and allergic multimorbidity on adolescents' quality of life is crucial. A cross-sectional study was conducted with 104 students at SMPN 9 Kendari. The International Study of Asthma and Allergies in Childhood (ISAAC) questionnaire assessed allergic conditions, and the Mini Rhinoconjunctivitis Quality of Life Questionnaire (MiniRQLQ) measured quality of life. AR was found in 30.6% of students, with a gender distribution of 35.6% males and 64.4% females. Allergic multimorbidity was present in 62.5% of participants. The median total quality of life score for adolescents with AR was 3 (1–6). No significant association was found between allergic multimorbidity and quality of life ( $p=0.286$ ). Females had a higher prevalence of AR than males. Most participants reported moderate disruption from their AR symptoms. No significant relationship was found between allergic multimorbidity and quality of life in adolescents with AR. Keywords: adolescents, allergic multimorbidity, allergic rhinitis, quality of life.