

## HUBUNGAN ANTARA TINGKAT RELIGIUSITAS DENGAN TINGKAT DEPRESI PADA PENDERITA ULKUS KAKI DIABETIK DI POLI KLINIK DIABETIK RSUD BANGIL KABUPATEN PASURUAN

### INTISARI

**Latar Belakang :** Ulkus kaki diabetik merupakan komplikasi yang sering terjadi pada diabetes mellitus yang dapat mengganggu kehidupan sehari-hari. Prevalensi depresi pada pasien dengan diabetes ulkus kaki diabetik 39,6%. Religiusitas diketahui bermanfaat untuk membantu penanganan pasien dengan penyakit kronik. Timbul pertanyaan apakah terdapat hubungan antara tingkat religiusitas dan tingkat depresi pada pasien dengan ulkus kaki diabetik.

**Tujuan Penelitian :** Mengetahui hubungan antara tingkat religiusitas dengan kecenderungan depresi pada pasien ulkus kaki Diabetik di Poli klinik Diabetik RSUD Bangil Kabupaten Pasuruan

**Metode :** Jenis penelitian *cross sectional* dilakukan pada 50 penderita ulkus kaki diabetik di poli rawat jalan Poliklinik Diabetik RSUD Bangil Kabupaten Pasuruan. Tingkat religiusitas diukur menggunakan instrumen *religious health fatalism questionnaire* (RHFQ), sedangkan tingkat depresi dengan instrument *Hamilton Depression Rating Scale* (HDRS). Analisis data menggunakan rumus korelasi *Spearman's Rho* dan uji regresi logistik multiple

**Hasil :** Hasil penelitian menunjukkan terdapat hubungan bernakna antara tingkat religiusitas dengan tingkat depresi pada penderita ulkus kaki diabetik di Poli Klinik Diabetik RSUD Bangil Kabupaten Pasuruan dengan nilai  $p=0,002$  ( $p<0,005$ ), dengan korelasi negatif yang cukup ( $r=-0,422$ ). Semakin tinggi tingkat religiusitas semakin rendah tingkat depresi yang di derita. Faktor lain yang berpengaruh terhadap depresi antara lain usia, jenis kelamin, tingkat pendidikan, serta pasangan.

**Kesimpulan :** Secara statistik, didapatkan korelasi negatif yang cukup antara tingkat religiusitas dengan tingkat depresi pada penderita ulkus kaki diabetik di Poli Klinik Diabet RSUD Bangil Kabupaten Pasuruan. Tingkat religiusitas sedang dengan prevalensi tertinggi pada responden dengan tingkat depresi ringan. Terdapat hubungan yang bermakna antara tingkat religiusitas dan tingkat depresi dimana faktor lain yang ikut berpengaruh terhadap tingkat depresi pada penderita ulkus kaki diabetik adalah usia, jenis kelamin, pendidikan terakhir, pasangan serta lama menderita diabetes.

**Kata Kunci :** depresi, religiusitas, ulkus kaki diabetik

## THE RELATIONSHIP BETWEEN RELIGIOSITY LEVEL AND DEPRESSION LEVEL AT THE DIABETIC POLYCLINIC AT BANGIL HOSPITAL, PASURUAN DISTRICT ABSTRACT

**Background :** Diabetic foot ulcers are one of the most common complications of diabetes mellitus which can interfere with daily life. The prevalence of depression in diabetic foot ulcer patients is 39,6%. Religiosity is known to be useful in helping patients with chronic illnesses. The question arises whether there is a relationship between the level of religiosity and the level of depression in patients with diabetic foot ulcers.

**Research Objectives :** To determine the relationship between the level of religiosity and tendency to depression in diabetic foot ulcer patients at the Diabetes Polyclinic at Bangil Hospital, Pasuruan Regency.

**Methods :** This type of cross-sectional study was conducted on 50 patients with diabetic foot ulcers at the Diabetic Polyclinic at Bangil Hospital, pasuruan Regency. The level of religiosity was measured using the religious health fatalism questionnaire (RHFQ), while the level of depression was measured using the Hamilton Depression Rating Scale (HDRS) instrument. Data analysis used Spearman's Rho Correlation formula and multiple logistic regression test

**Results :** The result showed that there was significant relationship between the level of religiosity and the level of depression in diabetic foot ulcer patients at the Diabetic Polyclinic at Bangil Hospital, Pasuruan Regency with  $p=0,002$  ( $p<0.005$ ), with a moderate negative correlation ( $r=-0,422$ ). The higher the level of religiosity, the lower the level of depression suffered. Other factors that influence depression include age, gender, education level, and marital status.

**Conclusion :** There is a statistically significant relationship between the level of religiosity and the level of depression in diabetic foot ulcer patients at the Diabetic Polyclinic at Bangil Hospital, Pasuruan Regency with enough negative correlation. Moderate level of religiosity with the highest prevalence in respondents with mild depression. There is significant relationship between the level of religiosity and the level of depression where other factors that influence the level of depression in patients with diabetic foot ulcers are age, sex, last education, partner, and duration of diabetes.

**Keywords :** depression, diabetic foot ulcers, religiosity

