

INTISARI

Latar Belakang: Katarak merupakan kondisi di mana lensa mata yang seharusnya jernih menjadi keruh, kondisi tersebut dapat menyebabkan menurunnya tingkat kemandirian seorang individu seperti terganggunya aktivitas sehari-hari, selain itu juga dapat berakibat pada meningkatnya gejala depresi, ansietas, dan stres pada penderitanya.

Tujuan penelitian: Penelitian ini bertujuan untuk mengetahui gambaran tingkat depresi, ansietas, dan stres pada pasien katarak di Poliklinik Mata RSUP Dr. Sardjito berdasarkan karakteristik demografi.

Metode: Penelitian ini merupakan penelitian non eksperimental dengan pendekatan kuantitatif deskriptif eksploratif desain *cross-sectional*. Penelitian ini dilakukan di Poliklinik Mata RSUP Dr. Sardjito Yogyakarta dengan subjek penelitian adalah pasien yang telah didiagnosis katarak dan melakukan pemeriksaan atau pengobatan di Poliklinik Mata RSUP Dr. Sardjito Yogyakarta. Penelitian ini menggunakan teknik *purposive sampling*. Analisis data menggunakan analisis univariat dengan instrumen *Depression Anxiety Stress Scale-42* (DASS-42) untuk mengukur tingkat depresi, ansietas, dan stres pasien katarak.

Hasil: Responden berjumlah 88 orang. Responden dalam penelitian didominasi berjenis kelamin perempuan (58%), berusia >65 tahun (40,9%), beragama Islam (88,9%), berpendidikan tingkat tinggi (52,2%), berprofesi sebagai ibu rumah tangga (IRT) (30,7%), berstatus perkawinan kawin (81,8%), jumlah anak sebanyak 2 orang (34,1%), jumlah anggota tinggal bersama 3-4 orang (42%), jumlah anggota keluarga yang merawat sebanyak 3 orang (23,9%), berpenghasilan <Rp2.300.000,00 (69,3%), memiliki asuransi kesehatan (93,2%), memiliki riwayat penyakit (60,2%), jenis katarak komplikata (69,3%), mengalami katarak \leq 2 tahun (63,6%), mengalami katarak pada mata kanan saja (50%), tidak memiliki keluhan (58%), keluhan akibat katarak didominasi ketidakmampuan melakukan aktivitas tertentu seperti menjahit, membaca, berkendara, dan lain sebagainya (30,7%). Berdasarkan tingkat depresinya 80 orang responden (90,9%), tingkat ansietas 56 orang responden (63,6%), dan tingkat stres 73 orang responden (83%) dalam kondisi normal.

Kesimpulan: Mayoritas responden mengalami depresi, ansietas, dan stres dalam kondisi normal.

Kata Kunci: Depresi, ansietas, stres, katarak

ABSTRACT

Background: Cataract is a condition in which the lens of the eye that should be clear becomes cloudy, this condition can cause a decrease in the level of independence of an individual such as disruption of daily activities, besides that it can also result in increased symptoms of depression, anxiety, and stress in sufferers.

Objective: This study aims to determine the level of depression, anxiety, and stress in cataract patients at the Eye Polyclinic of Dr. Sardjito Hospital based on demographic characteristics.

Method: This study is a non-experimental study with an exploratory descriptive quantitative approach with a cross-sectional design. This research was conducted at the Eye Polyclinic of Dr. Sardjito Hospital Yogyakarta with the research subjects being patients who had been diagnosed with cataracts and conducted examinations or treatment at the Eye Polyclinic of Dr. Sardjito Hospital Yogyakarta. This study used purposive sampling technique. Data analysis used univariate analysis with the Depression Anxiety Stress Scale-42 (DASS-42) instrument to measure the level of depression, anxiety, and stress of cataract patients.

Results: Respondents totaled 88 people. Respondents in the study were predominantly female (58%), aged >65 years (40.9%), Muslim (88.9%), had a high level of education (52.2%), worked as housewives (30.7%), were married (81.8%), had 2 children (34.1%), lived with 3-4 people (42%), had 3 family members (23.9%), had an income of <Rp2.300,000.00 (69.3%), had health insurance (93.2%), had a history of disease (60.2%), type of cataract complications (69.3%), experienced cataract \leq 2 years (63.6%), experienced cataract in the right eye only (50%), had no complaints (58%), complaints due to cataracts were dominated by the inability to do certain activities such as sewing, reading, driving, and so on (30.7%). Based on the level of depression 80 respondents (90.9%), the level of anxiety 56 respondents (63.6%), and the level of stress 73 respondents (83%) in normal conditions.

Conclusion: The majority of respondents experienced depression, anxiety, and stress in normal conditions.

Keywords: Depression, anxiety, stress, cataracts