



## INTISARI

**Latar Belakang:** Luka bakar menjadi salah satu penyakit trauma yang sering ditemui dan paling merugikan. Dampak yang dirasakan tidak hanya terkait fisik bahkan dapat menyerang kondisi psikologis, sosial, dan spiritual yang berpengaruh terhadap kualitas hidup pasien.

**Tujuan Penelitian:** Penelitian ini bertujuan mengeksplorasi pengalaman kualitas hidup pada pasien luka bakar selama menjalani perawatan di RSUP Dr. Sardjito.

**Metode:** Penelitian kualitatif dengan pendekatan deskriptif eksploratif ini melibatkan 6 pasien luka bakar yang menjalani perawatan di RSUP Dr. Sardjito selama bulan Oktober – November 2024. Partisipan didapatkan melalui teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi. Pengumpulan data dilakukan dengan teknik wawancara mendalam semi terstruktur. Data hasil wawancara direkam, ditranskrip secara verbatim, dan dianalisis menggunakan analisis konten.

**Hasil:** Dari 103 kode yang dihasilkan, terdapat 16 kategori dalam 5 tema utama. Pasien luka bakar mengalami gangguan fisik, seperti nyeri, keterbatasan gerak, dan gangguan tidur. Tingkat kemandirian menurun dengan kesulitan menjalankan aktivitas dan mengambil keputusan. Secara psikologis, tantangan berat dirasakan, namun mendapatkan dukungan positif dari keluarga dan teman. Kendala finansial sering kali menjadi hambatan utama meskipun dukungan dari keluarga dan fasilitas kesehatan tetap dirasakan. Aspek spiritual yang dilakukan turut memberikan kontribusi positif dalam mempercepat proses pemulihan.

**Kesimpulan:** Pasien luka bakar menghadapi berbagai gangguan kesehatan fisik, gangguan kemandirian, perubahan situasi psikologis dan emosional, dukungan dan tantangan dari lingkungan, serta spiritualisme mendukung pemulihan.

**Kata Kunci:** pasien luka bakar, pengalaman, kualitas hidup, kualitatif



## ABSTRACT

**Background:** Burns are among the most common and detrimental trauma conditions encountered in medical practice. Their impact extends beyond physical health, affecting psychological, social, and spiritual well-being, ultimately influencing patients' quality of life.

**Objective:** This study aims to explore the quality-of-life experiences of burn patients during their treatment at RSUP Dr. Sardjito.

**Methods:** This qualitative study, employing a descriptive exploratory approach, involved six burn patients treated at RSUP Dr. Sardjito from October to November 2024. Participants were selected through purposive sampling based on inclusion and exclusion criteria. Data were collected through semi-structured in-depth interviews, recorded, transcribed verbatim, and analyzed using content analysis.

**Results:** A total of 103 codes were generated, grouped into 16 categories within five main themes. Burn patients experienced physical challenges such as pain, restricted mobility, and sleep disturbances. Their independence was compromised, marked by difficulties in daily activities and decision-making. Psychologically, they faced significant challenges but received positive support from family and friends. Financial constraints were often a primary obstacle, although family and healthcare support were acknowledged. Spiritual practices also played a positive role in accelerating recovery.

**Conclusion:** Burn patients face various physical health issues, challenges to independence, changes in psychological and emotional states, support and challenges from their environment, as well as spirituality that supports their recovery.

**Keywords:** burn patients, experiences, quality of life, qualitative study