



INTISARI

Latar Belakang: Penyakit Ginjal Kronis (PGK) merupakan masalah kesehatan global yang dapat menyerang orang dewasa dan anak-anak. Anak dengan PGK menghadapi berbagai tantangan seperti prosedur medis yang menyakitkan, seringnya dirawat di rumah sakit, dan aktivitas yang dibatasi yang dapat memengaruhi kualitas hidup mereka. Berbagai penelitian menunjukkan bahwa anak dengan PGK mengalami kualitas hidup yang lebih buruk dibandingkan anak sehat, terutama pada aspek fisik, emosional, sosial, dan sekolah.

Tujuan Penelitian: Mengetahui gambaran kualitas hidup anak dengan PGK di RSUP Dr.Sardjito Yogyakarta

Metode: Penelitian ini merupakan deskriptif kuantitatif dengan pendekatan *cross-sectional*, dilakukan pada Oktober-November 2024 di RSUP Dr. Sardjito Yogyakarta. Jumlah responden 50 anak dengan PGK usia 5-18 tahun beserta orangtuanya, dengan metode *consecutive sampling*. Instrumen yang digunakan *PedsQL 4.0 Generic Core Scale* yang sudah diadaptasi oleh Sani (2022), terdiri dari empat domain yaitu fungsi fisik, fungsi emosi, fungsi sosial dan fungsi sekolah. Analisis data menggunakan distribusi frekuensi/persentase.

Hasil: Kualitas hidup anak dengan PGK di RSUP Dr. Sardjito Yogyakarta berdasarkan laporan anak dan orang tua mengalami gangguan pada tiga domain, yaitu fungsi fisik (anak:64%, orang tua:78%), fungsi sosial (anak:52%, orang tua:62%) dan fungsi sekolah (anak:96%, orang tua:98%). Fungsi sekolah paling terganggu karena tingginya ketidakhadiran akibat perawatan medis. Sedangkan laporan pada domain fungsi emosi menunjukkan hasil baik (anak:60%, orang tua:58%) yang mencerminkan ketahanan emosional anak dalam menghadapi penyakitnya

Kesimpulan: Kualitas hidup anak dengan PGK di RSUP Dr. Sardjito Yogyakarta berdasarkan laporan anak lebih banyak dalam kategori baik (54%), sedangkan berdasarkan laporan orang tua lebih banyak dalam kategori buruk/terganggu (52%).

Kata Kunci: Kualitas hidup, penyakit ginjal kronis, anak



ABSTRACT

Background: Chronic Kidney Disease (CKD) is a global health problem that can affect adults and children. Children with CKD face various challenges such as painful medical procedures, frequent hospitalizations, and restricted activities, which can affect their quality of life. Various studies indicate that children with CKD experience a poorer quality of life compared to healthy children, especially in physical, emotional, social, and school aspects.

Research Objective: Determine the quality of life of children with CKD at RSUP Dr. Sardjito Yogyakarta.

Method: This study is a quantitative descriptive study with a cross-sectional approach, conducted in October-November at Dr. Sardjito General Hospital, Yogyakarta. The number of respondents was 50 children with PGK aged 5-18 years and their parents, with a consecutive sampling method. The instrument used was the *PedsQL* 4.0 Generic Core Scale which has been adapted by Sani (2022), consisting of four domains, namely physical function, emotional function, social function and school function. Data analysis used frequency/percentage distribution

Result: The quality of life of children with PGK at Dr. Sardjito General Hospital Yogyakarta based on reports from children and parents experienced disorders in three domains, namely physical function (children: 64%, parents: 78%), social function (children: 52%, parents: 62%) and school function (children: 98%, parents: 98%). School function was most impaired due to high absenteeism due to medical care. Meanwhile, reports on the emotional function domain showed good results (children: 60%, parents: 58%) which reflects the child's emotional resilience in dealing with their illness

Conclusion: Quality of life of children with CKD at RSUP Dr. Sardjito Yogyakarta, based on children's reports, is more in the good category (54%), while based on parents' reports, more of it is in the bad/disturbed category (52%)

Keyword: Quality of life, chronic kidney disease, children