

INTISARI

Latar Belakang: Berdasarkan prevalensi penyakit penyebab gangguan penglihatan dan kebutaan terbesar di Indonesia adalah katarak yang menjadi prioritas pertama penyakit dapat dicegah dan dikendalikan. Gangguan penglihatan dan kebutaan berakibat penurunan kualitas hidup yang ditandai dengan berkurangnya kemampuan dalam mengerjakan aktivitas yang sehari-hari biasa dilakukan.

Tujuan Penelitian: Mengetahui kualitas hidup berdasarkan status fungsi penglihatan pasien katarak di Poliklinik Mata RSUP Dr. Sardjito.

Metode: Penelitian ini menggunakan jenis penelitian non eksperimental dengan pendekatan kuantitatif deskriptif dengan desain *cross-sectional*. Sampel penelitian menggunakan teknik *Consecutive sampling*, pada 88 responden. Instrumen kualitas hidup menggunakan kuesioner *National Eye Institute Visual Function Questionnaire-25* (NEI VFQ-25).

Hasil: Hasil penelitian menunjukkan, mayoritas responden mempunyai visus berat sebanyak 44 orang (50%) dan Tekanan Intra Okuler normal sebanyak 73 orang (83%). Mayoritas kualitas hidup pasien katarak berdasarkan status fungsi penglihatan mempunyai kualitas hidup baik sebanyak 64 orang (72,7%) dan kurang baik sebanyak 24 orang (27,3%). Mayoritas responden mempunyai status fungsi penglihatan (Visus) berat dengan kualitas hidup baik pada pasien katarak sebanyak 30 orang (34,1%) dan status fungsi penglihatan (Tekanan Intra Okuler) normal dengan kualitas hidup baik pada pasien katarak sebanyak 54 orang (61,4%).

Kesimpulan: Mayoritas responden mempunyai status fungsi penglihatan (gangguan tajam penglihatan/ Visus) berat dengan kualitas hidup baik pada pasien katarak sebanyak 30 orang (34,1%) dan mayoritas responden mempunyai status fungsi penglihatan (Tekanan Intra Okuler) normal dengan kualitas hidup baik pada pasien katarak sebanyak 54 orang (61,4%). Mayoritas kualitas hidup pasien katarak berdasarkan status fungsi penglihatan mempunyai kualitas hidup baik sebanyak 64 orang (72,7%) dan kurang baik sebanyak 24 orang (27,3%).

Kata Kunci: Katarak, Status Fungsi Penglihatan, Kualitas Hidup

ABSTRACT

Background: Based on the prevalence of diseases that cause the largest visual impairment and blindness in Indonesia, cataracts are the first priority for diseases that can be prevented and controlled. Visual impairment and blindness result in a decrease in the quality of life which is characterized by a decrease in the ability to carry out daily activities.

Research Objective: This study aims to determine the quality of life based on the visual function status of cataract patients at the Eye Polyclinic of Dr. Sardjito Hospital

Method: This study uses a non-experimental research type with a quantitative descriptive approach with a cross-sectional design. The research sample used the Consecutive sampling technique, on 88 respondents. The quality of life instrument used the National Eye Institute Visual Function Questionnaire-25 (NEI VFQ-25) questionnaire.

Result: The results showed that the majority of respondents had severe vision as many as 44 people (50%) and normal Intraocular Pressure as many as 73 people (83%). The majority of cataract patients' quality of life based on their visual function status had a good quality of life as many as 64 people (72.7%) and poor as many as 24 people (27.3%). The majority of respondents have severe visual function status (Visus) with good quality of life in cataract patients as many as 30 people (34.1%) and normal visual function status (Intra Ocular Pressure) with good quality of life in cataract patients as many as 54 people (61.4%).

Conclusion: The majority of respondents have severe visual function status (visual acuity disorders/Visus) with good quality of life in cataract patients as many as 30 people (34.1%) and the majority of respondents have normal visual function status (Intra Ocular Pressure) with good quality of life in cataract patients as many as 54 people (61.4%). The majority of cataract patients' quality of life based on visual function status has a good quality of life as many as 64 people (72.7%) and less good as many as 24 people (27.3%).

Keyword: Cataract, Visual Function Status, Quality of Life