

ABSTRAK

HUBUNGAN KUALITAS SPIRITUAL DENGAN GEJALA DEPRESI PENDERITA GLOMERULONEFRITIS DI POLIKLINIK NEFROLOGI RUMAH SAKIT UMUM PUSAT DR.SARDJITO

Dwi Indrianti Firmatasari¹, Noor Asyqah Sofia², Yulia Wardhani³

¹PPDS Ilmu Penyakit Dalam FKKMK UGM

²Divisi Psikosomatik, Departemen Ilmu Penyakit Dalam FKKMK UGM

³Divisi Nefrologi, Departemen Ilmu Penyakit Dalam FKKMK UGM

Latar Belakang: Glomerulonefritis (GN) merupakan penyakit ginjal kronis yang dapat menimbulkan pengaruh terhadap status mental, termasuk depresi. Kualitas spiritual diketahui berperan sebagai salah satu faktor protektif terhadap gangguan psikologis pada penyakit kronis. Namun, hubungan antara kualitas spiritual dan gejala depresi pada pasien glomerulonefritis masih belum banyak diteliti.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengevaluasi hubungan antara kualitas spiritual dengan gejala depresi pada penderita glomerulonefritis di Poliklinik Nefrologi RSUP Dr. Sardjito.

Metode Penelitian: Penelitian ini merupakan studi kohort prospektif yang melibatkan pasien glomerulonefritis yang menjalani kontrol rutin di Poliklinik Nefrologi RSUP Dr. Sardjito. Kualitas spiritual diukur menggunakan *Functional Assessment of Chronic Illness Therapy–Spiritual Well-Being* (FACIT-Sp-12), sedangkan gejala depresi dinilai menggunakan *Beck Depression Inventory-II* (BDI-II). Evaluasi dilakukan secara longitudinal pada awal penelitian dan setelah tiga bulan. Analisis hubungan antara kualitas spiritual dan gejala depresi dilakukan menggunakan regresi linier sederhana dan regresi linier multipel.

Hasil: Sebanyak 59 partisipan dengan median usia 27 tahun diikutsertakan dalam penelitian ini. Sebagian besar berjenis kelamin perempuan (76,3%) dan memiliki proteinuria masif (74,6%). Pada evaluasi awal, skor total FACIT-Sp-12 median adalah 34 (11–42), sedangkan skor median BDI-II adalah 10 (0–34). Analisis regresi linier menunjukkan bahwa skor FACIT-Sp-12 evaluasi awal berhubungan negatif dan signifikan dengan skor BDI-II ($B = -0,290$; $p = 0,003$). Pada analisis regresi linier multipel, setiap peningkatan satu poin skor FACIT-Sp-12 berkaitan dengan penurunan skor BDI-II sebesar 0,514 poin ($p < 0,001$). Pada evaluasi tiga bulan, skor FACIT-Sp-12 evaluasi II juga berhubungan negatif dan signifikan dengan skor BDI-II evaluasi II ($B = -0,774$; $p < 0,001$). Selain itu, jenis kelamin perempuan berhubungan dengan peningkatan skor depresi pada kedua waktu evaluasi.

Kesimpulan: Kualitas spiritual memiliki hubungan negatif yang bermakna dengan gejala depresi pada penderita glomerulonefritis namun tidak bersifat kausalitas.

Kata Kunci: Glomerulonefritis, kualitas spiritual, depresi, FACIT-Sp-12, BDI-II

ABSTRACT

ASSOCIATION BETWEEN SPIRITUAL WELL-BEING AND DEPRESSIVE SYMPTOMS IN PATIENTS WITH GLOMERULONEPHRITIS AT THE NEPHROLOGY OUTPATIENT CLINIC OF DR. SARDJITO GENERAL HOSPITAL

Dwi Indrianti Firmatasari¹, Noor Asyqah Sofia², Yulia Wardhani³

¹Internal Medicine Residency Program, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada

²Division of Psychosomatic Medicine, Department of Internal Medicine, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada

³Division of Nephrology, Department of Internal Medicine, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada

Background: Glomerulonephritis (GN) is a chronic kidney disease that may affect patients' mental status, including the development of depression. Spiritual well-being is recognized as a protective factor against psychological disturbances in chronic illnesses. However, the relationship between spiritual well-being and depressive symptoms in patients with glomerulonephritis has not been widely studied.

Objective: This study aimed to evaluate the association between spiritual well-being and depressive symptoms among patients with glomerulonephritis at the Nephrology Outpatient Clinic of Dr. Sardjito General Hospital.

Methods: This study was a prospective cohort study involving patients with glomerulonephritis at the Nephrology Outpatient Clinic of Dr. Sardjito General Hospital. Spiritual well-being was assessed using the Functional Assessment of Chronic Illness Therapy–Spiritual Well-Being (FACIT-Sp-12), while depressive symptoms were evaluated using the Beck Depression Inventory-II (BDI-II). Assessments were conducted longitudinally at baseline and after three months. The association between spiritual well-being and depressive symptoms was analyzed using simple linear regression and multiple linear regression.

Results: A total of 59 participants with a median age of 27 years were included in the study. Most participants were female (76.3%) and had massive proteinuria (74.6%). At baseline evaluation, the median FACIT-Sp-12 total score was 34 (11–42), while the median BDI-II score was 10 (0–34). Linear regression analysis showed that baseline FACIT-Sp-12 score was negatively and significantly associated with BDI-II score ($B = -0.290$; $p = 0.003$). In multiple linear regression analysis, each one-point increase in FACIT-Sp-12 score was associated with a 0.514-point decrease in BDI-II score ($p < 0.001$). At the three-month evaluation, the second FACIT-Sp-12 score was also negatively and significantly associated with the second BDI-II score ($B = -0.774$; $p < 0.001$).

Conclusion: Spiritual well-being shows a significant negative association with depressive symptoms in patients with glomerulonephritis; however, this relationship does not imply causality.

Keywords: Glomerulonephritis, spiritual well-being, depression, FACIT-Sp-12, BDI-II.