

INTISARI

Hipertensi merupakan penyakit kronis yang berkontribusi terhadap penurunan kualitas hidup terkait kesehatan. Penelitian ini bertujuan untuk menganalisis perbedaan kualitas hidup pasien hipertensi di fasilitas kesehatan primer dan sekunder berdasarkan instrumen EQ-5D-5L dan MINICHAL serta mengidentifikasi hubungan antara karakteristik sosiodemografi, klinis, dan jenis fasilitas kesehatan dengan kualitas hidup pasien hipertensi.

Penelitian ini merupakan penelitian observasional analitik dengan desain studi *cross-sectional*. Penelitian dilaksanakan di RSUD Wonosari, Puskesmas Wonosari I, dan Puskesmas Wonosari II dengan total sampel 420 responden terdiri atas 318 responden (75,7%) di fasilitas primer dan 102 responden (24,3%) di fasilitas sekunder. Pemilihan sampel melalui teknik *convenience sampling*. Pengumpulan data diperoleh menggunakan instrumen berupa kuesioner sosiodemografi, karakteristik klinis, EQ-5D-5L, dan MINICHAL. Analisis data dilakukan dengan uji *Mann-Whitney*, *Kruskal-Wallis*, serta analisis multivariat menggunakan *Tobit Regression* dan *Multiple Linear Regression* menggunakan perangkat lunak statistika.

Hasil penelitian menunjukkan bahwa kualitas hidup pasien hipertensi di fasilitas kesehatan primer lebih baik dibandingkan fasilitas kesehatan sekunder berdasarkan EQ-5D-5L dengan nilai Median 0,84 dan 0,78, serta berdasarkan MINICHAL dengan nilai Median 9,50 dan 11,50. Sementara itu, persepsi kesehatan berdasarkan EQ-VAS relatif setara antara fasilitas kesehatan primer dan sekunder dengan Median 80 pada kedua kelompok. Analisis multivariat menunjukkan bahwa lama hipertensi berhubungan dengan kualitas hidup menggunakan EQ-5D-5L dan MINICHAL. Penyakit penyerta berhubungan dengan kualitas hidup menggunakan MINICHAL dan EQ-VAS. Jenis fasilitas kesehatan berhubungan dengan kualitas hidup menggunakan EQ-5D-5L dan MINICHAL.

Kata Kunci: Hipertensi, Kualitas Hidup, EQ-5D-5L, MINICHAL

ABSTRACT

Hypertension is a chronic disease that contributes to a decline in health-related quality of life. This study aimed to analyze differences in quality of life among patients with hypertension between primary and secondary healthcare facilities using the EQ-5D-5L and MINICHAL instruments and to identify associations between sociodemographic and clinical characteristics, healthcare facility type, and quality of life.

This analytical observational study utilized a cross-sectional design. Conducted at RSUD Wonosari, Puskesmas Wonosari I, and Puskesmas Wonosari II, the study included 420 respondents selected via convenience sampling: 318 (75.7%) in primary facilities and 102 (24.3%) in secondary facilities. Data were collected using sociodemographic, clinical, EQ-5D-5L, and MINICHAL questionnaires. Data analysis was performed using the Mann–Whitney and Kruskal–Wallis tests, alongside multivariate analysis via Tobit Regression and Multiple Linear Regression.

The results showed that the quality of life of hypertensive patients in primary healthcare facilities was better than that of patients in secondary healthcare facilities based on the EQ-5D-5L, with median scores of 0.84 and 0.78, respectively, and based on the MINICHAL, with median scores of 9.50 and 11.50, respectively. Meanwhile, health perception measured using the EQ-VAS was relatively similar between primary and secondary healthcare facilities, with a median score of 80 in both groups. Multivariate analysis showed that hypertension duration was associated with quality of life measured using the EQ-5D-5L and MINICHAL. Comorbidities were associated with quality of life measured using the MINICHAL and EQ-VAS. Healthcare facility type was associated with quality of life measured using the EQ-5D-5L and MINICHAL.

Keywords: Hypertension, Quality of Life, EQ-5D-5L, MINICHAL