

INTISARI

Latar Belakang : Epidemio HIV/AIDS saat ini telah melanda seluruh negara di dunia. Penyakit HIV/AIDS dapat menimbulkan masalah yang kompleks baik pada penderita sendiri, keluarga, masyarakat dan negara. Penyakit HIV/AIDS telah menimbulkan masalah yang cukup luas terhadap individu yang terinfeksi yakni meliputi masalah fisik, sosial, emosional, dan depresi. Depresi merupakan gangguan jiwa yang banyak dialami oleh penderita HIV/AIDS terutama karena stigma dan penolakan sosial. Penelitian sebelumnya telah menyebutkan bahwa dukungan sosial mempunyai hubungan bermakna dengan depresi. Dukungan sosial akan memperbaiki efek patogenik yang potensial dari kejadian yang stressful. Dukungan sosial dapat memperbaiki koping atau memodifikasi pengaruh stressor psikososial maupun dampaknya.

Tujuan: Mengetahui adanya hubungan dukungan sosial dan depresi pada penderita HIV/AIDS di RSUD Koja Jakarta.

Metode : Penelitian ini merupakan penelitian deskriptik analitik dengan metode *cross sectional*. Subyek penelitian adalah penderita HIV/AIDS di Poli Penyakit Dalam RSUD Koja Jakarta. Sampel penelitian diambil secara *consecutive sampling* sampel sebanyak 57 subyek. Sampel diambil di Poli Rawat Jalan RSUD Koja Jakarta bulan Desember 2017. Instrumen yang digunakan adalah Data Pribadi, *Beck Depression Inventory*, dan Kuesioner Dukungan Sosial Sarason. Data dianalisis dengan uji *Chi-square*, *Contingency Coefficient (CC)* dan nilai *Odds Ratio (OR)*, regresi logistik .

Hasil: Depresi didapatkan pada 80,7% subyek penelitian. Hasil analisis bivariabel menunjukkan bahwa secara statistik variabel yang berhubungan dengan depresi pada penderita HIV/AIDS di RSUD Koja Jakarta adalah: kepuasan dukungan sosial total ($p=0,042$ RP: 1,30, CC: 1,01-1,67), Kepuasan dukungan emosional ($p=0,042$, RP: 130, CC: 1,01-1,67), dan jumlah pemberi dukungan instrumental ($p=0,005$, RP: 1,50, CC:1,09-2,07) dan pendidikan ($p=0,031$, RP: 1,32, CC1,02-1,71). Hasil analisis multivariabel menunjukkan bahwa faktor yang paling kuat mempengaruhi depresi pada penderita HIV/AIDS di RSUD Koja Jakarta adalah jumlah pemberi dukungan instrumental ($p=0,049$, OR=6,61, CC=1,01- 43,46).

Kesimpulan: Hasil penelitian ini menunjukkan adanya hubungan yang bermakna antara dukungan sosial, khususnya dengan jumlah pemberi dukungan instrumental dengan kejadian depresi pada penderita HIV/AIDS di RSUD Koja Jakarta.

Kata Kunci: dukungan sosial-depresi-penderita HIV/AIDS

ABSTRACT

Background: The current epidemic of HIV / AIDS has swept across the world. HIV / AIDS disease can cause complex problems in both the patient, family, community and country. HIV / AIDS disease has caused widespread problems with infected individuals covering physical, social, emotional, and depression issues. Depression is a mental disorder that many experienced by people with HIV / AIDS mainly because of stigma and social rejection. Previous research has suggested that social support has a significant association with depression.

Social support will improve the potential pathogenic effects of a stressful event. Social support can improve coping or modify the effects of psychosocial stressors and their effects.

Objectives : Knowing the existence of social support and depression relation in HIV / AIDS patient in Koja Hospital, Jakarta.

Methods : This research is an analytical descriptive research with cross sectional method. The subjects of this study are HIV/AIDS patient in the outpatient clinic internist in Koja Hospital, Jakarta. The sample was taken by consecutive sampling of 57 subjects. The study was conducted in December 2017. The instruments used are Personal Data, Beck Depression Inventory, and Sarason Social Support Questionnaire. Data were analyzed by Chi-square test, Contingency Coefficient (CC) and Odds Ratio (OR) value, logistic regression.

Results : The prevalence of depression in our study was 80,7%. The result of bivariate analysis in Koja hospital, Jakarta city, showed the quality of social support total was significantly correlation with depression ($p=0,042$), the quality of social emotional was significantly correlation with depression ($p=0,042$), the quality and quantity of instrumentl social support were significantly associated with depression ($p=0,005$). Demographic factors such as education also associated with depression ($p=0,031$). The result of multivariate analysis showed that the factor which influenced most of depression sufferers was the quality and quantity of instrumental social support ($p=0,049$, $OR=6,61$, $CC=1,01-43,46$).

Conclusions: The results of this study showed significant ssocation between depression and social support, particularly the quality of social support in total, quality of instrumental social support, and quality of instrumental social support in Koja Hospital, Jakarta City.

Keywords: *social support – depression – HIV/AIDS*