

INTISARI

KORELASI SPIRITUALITAS DENGAN KUALITAS HIDUP PADA PENDERITA PENYAKIT PARU OBSTRUKTIF KRONIK STABIL

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Latar Belakang. Penyakit Paru Obstruktif kronik merupakan salah satu masalah kesehatan utama di dunia. Berdasarkan data *World Health Organization* (WHO), jumlah penderita PPOK mencapai 80 juta orang pada tahun 2005. Pada tahun 2020 PPOK diperkirakan akan menempati urutan ke-5 dari 12 penyakit terbanyak dan akan menempati peringkat ke-3 penyebab kematian terbanyak di dunia. Perjalanan alamiah PPOK bersifat *irreversible* dan dapat mempengaruhi semua aspek kehidupan. Dalam beberapa keadaan tertentu, misalnya ketika seseorang sedang mengalami penyakit yang cukup berat, maka dia akan cenderung mengandalkan praktek-praktek religious atau spiritual dalam rangka meringankan stress atau mempertahankan kendali diri dan harapan hidup. Meskipun banyak faktor dapat mempengaruhi kualitas hidup penderita PPOK, tetapi peranan spiritualitas pada populasi ini belum banyak diteliti.

Tujuan. Penelitian ini bertujuan untuk melihat korelasi antara spiritualitas dan kualitas hidup penderita PPOK.

Metode. Penelitian ini merupakan penelitian *cross-sectional* yang dilakukan di Rumah Sakit Khusus Paru (RSKP) Respira Bantul. Sebanyak 73 penderita PPOK di poliklinik melakukan proses pengisian kuesioner *St George's Respiratory Questionnaire* (SGRQ) and *Functional Assessment on Chronic Intervention Therapy Spiritual* (FACIT-Sp). Skor SGRQ menunjukkan kualitas hidup penderita PPOK, sedangkan skor FACIT-Sp menunjukkan tingkat spiritualitas. Analisa statistik yang digunakan terdiri dari analisis deskriptif, uji korelasi Pearson, dan analisa regresi linier.

Hasil. Subjek penelitian yang terdiri dari 73 orang penderita PPOK stabil Gold II dan III, sebagian besar laki-laki, dan rerata usia $63,3 \pm 8,1$ tahun. Rerata skor SGRQ sebesar $32,5 \pm 16,5$ dan rerata skor FACIT-Sp sebesar $32,4 \pm 6,62$. Hasil penelitian menunjukkan adanya korelasi negatif yang bermakna antara skor SGRQ dan Skor FACIT-Sp ($r = -0,261$; $p < 0,05$). Hal ini dapat diinterpretasikan bahwa semakin tinggi tingkat spiritualitas maka akan semakin tinggi juga kualitas hidup penderita PPOK.

Kesimpulan. Hasil penelitian ini menunjukkan terdapat korelasi positif antara tingkat spiritualitas dengan kualitas hidup penderita PPOK stabil.

Kata Kunci : PPOK, Spiritualitas, Kualitas Hidup

ABSTRACT

Correlation Between Spirituality and Quality of Life in stable Chronic Obstructive Pulmonary Disease Patients

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Background. Chronic Obstructive Pulmonary Disease (COPD) was the major health problem in the world. Based on data from the World Health Organization (WHO) the number of COPD patients in 2005 reached 80 million people. In 2020 COPD was estimated ranked 5th of 12 emerging diseases in the world and is the 3rd leading cause of death in the world. Natural history of COPD disease is irreversible and can affect all aspects of life in general. In extreme circumstances, such as in case of a serious or incapacitating disease, many people tend to rely on beliefs and religious and spiritual practices, looking for relieving the stress and to keep a sense of control and hope when facing the situation. Although several factors are related to the HRQOL of patients with COPD, the influence of the spiritual dimension has not been often studied in this population.

Objective. The aim of this study is to determine the correlation between spirituality and quality of life in COPD patient.

Method. The study use cross sectional methode was held at Bantul Respira Hospital. Seventy three outpatients with COPD were interviewed using St George's Respiratory Questionnaire (SGRQ) and Functional Assessment on Chronic Intervention Therapy Spiritual (FACIT-Sp) questionnaire. St George Respiratory Questionnaire (SGRQ) score indicating the quality of life of COPD patient. Functional Assessment on Chronic Intervention Therapy (FACIT-Sp) score indicating spirituality of COPD patients. Descriptive analysis, Pearson's correlation, and linear regression analysis were performed for statistical assessment.

Results. Seventy three COPD patients fulfilled the study's inclusion criteria and were interviewed. The mean SGRQ score was 32.5 ± 16.5 , and the mean spiritual well-being score was 32.4 ± 6.62 . There was a significant negative correlation between SGRQ and total spiritual well-being scores ($r = -0.261$, $p < 0.05$). It could be intrepeted that higher spiritual well-being will produce high QOL in COPD patients.

Conclusions. There was positive correlation between spirituality and quality of life in COPD patients.

Keywords : *COPD, Spirituality, Quality of life*