

HUBUNGAN KEPATUHAN MINUM ANTIRETROVIRAL DENGAN KUALITAS HIDUP ODHA DI LSM VICTORY PLUS YOGYAKARTA

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INTISARI

Latar Belakang: Jumlah kasus HIV/AIDS di Indonesia, khususnya di DI Yogyakarta terus meningkat. Obat antiretroviral (ARV) sebagai obat infeksi HIV, hanya dapat menghambat replikasi HIV dan tidak dapat menghancurkan semua virus yang ada di dalam tubuh. Dibutuhkan kepatuhan minum obat yang tinggi agar ARV dapat bekerja seperti yang diharapkan. Salah satu dampak yang akan timbul apabila orang dengan HIV/AIDS (ODHA) tidak patuh dalam minum ARV adalah menurunnya kualitas hidup. Berbagai studi telah dilakukan untuk mengidentifikasi hubungan kepatuhan minum ARV dengan kualitas hidup ODHA namun masih terdapat perbedaan hasil dari masing-masing penelitian. Penelitian untuk mengidentifikasi hubungan kepatuhan minum ARV dengan kualitas hidup ODHA di DI Yogyakarta belum pernah dilakukan.

Tujuan Penelitian: Mengetahui hubungan antara kepatuhan minum antiretroviral dengan kualitas hidup ODHA di LSM Victory Plus Yogyakarta.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian analitik korelatif dan rancangan *cross sectional*. Partisipan pada penelitian ini adalah 56 ODHA yang didampingi oleh Lembaga Swadaya Masyarakat (LSM) Victory Plus Yogyakarta. Penelitian ini menggunakan kuesioner *Antiretroviral General Adherence Scale* (AGAS) untuk mengukur kepatuhan minum ARV dan kuesioner WHOQOL-HIV BREF untuk mengukur kualitas hidup. Analisis data menggunakan uji korelasi *Somers' d*.

Hasil: Sebagian besar responden patuh dalam minum ARV (58,9%) dan kualitas hidup rendah (57,1%). Hasil analisis *bivariate* terhadap kepatuhan minum antiretroviral dengan kualitas hidup pada ODHA menunjukkan adanya hubungan dengan arah positif dan kekuatan lemah ($p < 0,05$, $r = 0,358$).

Kesimpulan: Semakin tinggi kepatuhan minum antiretroviral, semakin tinggi pula kualitas hidup ODHA di LSM Victory Plus Yogyakarta.

Kata Kunci: HIV/AIDS, Kualitas Hidup, Terapi ARV

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THE RELATIONSHIP BETWEEN ADHERENCE OF TAKING ANTIRETROVIRAL AND THE QUALITY OF LIFE OF PEOPLE LIVING WITH HIV/AIDS (PLWHA) IN LSM VICTORY PLUS YOGYAKARTA

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ABSTRACT

Background: The HIV/AIDS case number increased in Indonesia, specially in DI Yogyakarta. Antiretroviral (ARV) drug as drugs for HIV infection could inhibit HIV replication and it couldn't destroy all viruses in the body. High medication adherence was needed in order that ARV can work as expected. One of the impact if people living with HIV/AIDS (PLWHA) doesn't comply with taking ARV was decreasing quality of life. Various studies have been conducted to identify the relationship between adherence of taking antiretroviral and the quality of life of PLWHA, but there were differences in the results of each study. Research to identify the relationship between adherence of taking ARV and quality of life of PLWHA in DI Yogyakarta has never been done.

Objective: To determine the relationship between adherence of taking antiretroviral and the quality of life of PLWHA in LSM Victory Plus Yogyakarta.

Method: This research used quantitative approach with correlation analytic and cross sectional design. The participants were 56 PLWHA who joined with LSM Victory Plus Yogyakarta. This study used *Antiretroviral General Adherence Scale* (AGAS) to measure adherence of taking ARV and WHOQOL-HIV BREF to measure quality of life. The data analysis used Somers'd correlation test.

Result: Most of the participants complied in taking ARV (58,9%) and held low quality of life (57,1%). Bivariate analytic result toward adherence of taking antiretroviral with quality of life of PLWHA showed there was a weak positive relationship between them ($p < 0,05$, $r = 0,358$).

Conclusion: The higher the adherence of taking antiretroviral, the higher quality of life of PLWHA in LSM Victory Plus Yogyakarta.

Keywords: HIV/AIDS, Quality of life, ARV therapy

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