

**Kualitas hidup pada pasien dengan gangguan pemusatan perhatian/  
hiperaktivitas dan gangguan perilaku menentang**

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**INTISARI**

Gangguan pemusatan perhatian/hiperaktivitas (GPPH) merupakan gangguan perkembangan anak yang cukup sering terjadi, terutama anak laki-laki. Manifestasi utama meliputi inatensi, hiperaktif dan impulsif, dimana ketiganya mampu memengaruhi fungsi adaptif, akademis, perilaku, psikis, sosial dan seringkali berlanjut sampai dengan periode dewasa. Kasus ini merupakan contoh luaran cukup baik dari pasien GPPH yang telah melalui observasi selama 12 bulan.

Kami melaporkan seorang anak laki-laki usia 7 tahun 11 bulan yang dikeluhkan sulit diatur, suka menentang orang tua, mengganggu orang lain serta kesulitan memerhatikan pelajaran di sekolah. Berdasarkan DSM-5 menunjukkan adanya GPPH tipe kombinasi derajat berat yang disertai komorbid gangguan perilaku menentang. Pasien mendapatkan terapi perilaku serta metilfenidat. Pada akhir pengamatan, pasien menunjukkan perbaikan dalam kemampuan sosial dan aktivitas harian, namun gejala inatensi, hiperaktif dan impulsif masih sering ditunjukkan saat di rumah. Kasus ini membuat kita lebih memperhatikan pentingnya terapi perilaku rutin serta dukungan orang tua terhadap pasien sehingga mampu meningkatkan kualitas hidupnya.

Kata kunci : gangguan pemusatan perhatian/hiperaktivitas, gangguan perilaku menentang, anak.

## **Quality of life of patient with attention deficit hyperactivity disorder and oppositional defiant disorder: A longitudinal case report**

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### **ABSTRACT**

Attention deficit hyperactivity disorder are a common neurodevelopmental disorder among children, especially male patient. The main manifestations include intention, hyperactivity and impulsivity, in which all three are able to influence adaptive, academic, behavioral, psychological, social function and often continue into adult period. This case is an example of an ADHD patient who has been observed for 12 months.

We reported a 7-year-old boy who complained of being difficult to manage, being against parents, bothering others and having difficulty paying attention in school. Based on DSM-5, he showed severe type combination ADHD with comorbid of oppositional defiant disorder. Patients received behavioral therapy as well as methylphenidate. At the end of the observation, the patient showed improvement in his academic, social function and daily activities, yet those symptoms were still shown at home. This case showed that routine behavioral therapy and parental support were important for patient to improve his quality of life.

**Keyword:** attention deficit hyperactivity disorder, oppositional defiant disorder, children