

INTISARI

Latar Belakang: SLE merupakan penyakit kronik multisistem autoimun. Insidensi anak SLE di dunia yaitu 0,22-0,90 kasus per 100.000 orang setiap tahun. Di Indonesia, jumlahnya mencapai 1,5 juta orang. Manifestasi klinis yang sering muncul yaitu nyeri, *fatigue*, dan depresi. Saat ini, penelitian di bidang keperawatan pada anak SLE belum pernah dilakukan di RSUP Dr. Sardjito Yogyakarta. Oleh karena itu, diperlukan penelitian terkait hal tersebut.

Tujuan: Mengetahui hubungan *fatigue* dan nyeri dengan depresi pada anak SLE.

Metode: Jenis penelitian yaitu *cross-sectional* dengan teknik pengambilan sampel adalah *non probability sampling*. Subjek penelitian yaitu anak SLE usia 10-18 tahun berjumlah 19 anak. Data dikumpulkan menggunakan instrumen K-FSS (*Kids Fatigue Severity Scale*), PVAS (*Pain Visual Analog Scale*), dan *Children Depression Inventory* (CDI). Analisis data menggunakan univariat dan bivariat. Analisis bivariat menggunakan *Fischer test*, derajat kepercayaan 95% ($\alpha=0,05$), bermakna jika $p<0,05$.

Hasil: Terdapat 19 anak SLE, didominasi oleh perempuan (84,2%) dengan rata-rata usia 14,7 tahun. Semua responden menderita SLE aktif (100%) dan 57,9% berada pada kategori penyakit *severe*. Gambaran *fatigue* menunjukkan paling banyak mengalami *fatigue* (89,47%). Selain itu, 36,84% responden menderita nyeri dan hanya 10,53% responden yang mengalami depresi. Hasil uji statistik menunjukkan tidak ada hubungan antara *fatigue* dengan depresi ($p=0,205$) dan tidak ada hubungan antara nyeri dengan depresi ($p=0,509$).

Kesimpulan: Tidak terdapat hubungan antara *fatigue* dan nyeri dengan depresi pada pasien anak dengan SLE di RSUP Dr. Sardjito Yogyakarta.

Kata Kunci: depresi, *fatigue*, nyeri, dan *systemic lupus erythematosus* anak.

ABSTRACT

Background: SLE is chronic multisystem autoimmune disease. Incidence of SLE children in the world are 0.22 to 0.90 per 100,000 people each year. In Indonesia, reached 1.5 million people. Clinical manifestations often appear including pain, fatigue, and depression. Now, research in nursing children with SLE have not been done in RSUP Dr. Sardjito. Therefore, research is needed related to it.

Objective: To examine the relationship fatigue and pain with depression in children with SLE.

Methods: This was a cross-sectional study with non probability sampling. Subjects of research were 19 children with SLE aged 10-18 years old. Data were collected using K-FSS (Kids Fatigue Severity Scale), PVAS (Pain Visual Analog Scale), and CDI (Children's Depression Inventory). Analysis data used were univariate and bivariate. The bivariate analysis used Fischer test, 95% confidence interval ($\alpha = 0.05$), significant if $p < 0.05$.

Results: There were 19 children with SLE. Most respondents were girls (84.2%) and average age 14.7 years old. All respondents had active SLE (100%) and 57.9% were in severe disease category. Fatigue was experienced by 89.47% respondents, pain was reported by 36.84% respondents, while depression was reported by 10.53% respondents. Statistical test result, there was no relationship between fatigue and depression ($p=0.205$) and there was no relationship between pain and depression ($p=0.509$).

Conclusions: There were no relationship between fatigue and pain with depression in children with SLE in RSUP Dr. Sardjito.

Keywords: depression, fatigue, pain, and systemic lupus erythematosus child.