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ABSTRAK

Kholifah

Hubungan Lama Terapi *Antiretroviral* (ARV) Terhadap Kualitas Hidup Pasien *Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome* (HI V/ AI DS)

61 halaman + 17 tabel + 2 gambar + 18 lampiran+ xvi

LatarBelakang: *Human Immunodeficiency Virus* (HI V) adalah virus yang menyerang sistem imun tubuh. Dampak HI V sangat kompleks karena meyebabkan masalah fisik, psikologis dan sosial hal ini dapat mempengaruhi kualitas hidup. HI V/ AI DS tidak dapat disembuhkan, pentingnya terapi *antiretroviral* (ARV) pada pasien HI V/ AI DS karena dapat menekan virus. Tetapi dalam waktu yang lama ARV juga dapat menyebabkan efek samping yang kurang menyenangkan. Tujuan penelitian ini adalah untuk mengetahui hubungan lama terapi ARV terhadap kualitas hidup pasien HI V/ AI DS.

Metode: Penelitian menggunakan desain penelitian *cross sectional*, pengumpulan data dilakukan dengan kuesioner. Jumlah responden sebanyak 45 responden dengan Teknik *total sampling*.

Hasil: Hasil penelitian diperoleh pada lama terapi ≥ 2 tahun ARV didapatkan 15 responden kualitas hidup baik. Sedangkan pada durasi baru terapi ARV ≥ 6 bulan - < 2 tahun adalah 9 responden kualitas hidup cukup.

Simpulan dan Saran : Ada hubungan hubungan lama terapi ARV terhadap kualitas hidup pasien HI V/ AI DS. (p value $< 0,006$) dan korelasi 0,632 menggunakan uji *Koefisien Lambda*. Berdasarkan hasil penelitian diharapkan untuk pasien HI V/ AI DS agar mendapat pendampingan yang komperhensif sehingga tidak terjadinya putus dalam terapi ARV, dan untuk pasien yang sudah lama mengonsumsi ARV agar tetap menjaga kesehatan fisik, dan patuh meminum ARV agar kesehatan terus terjaga sehingga lebih produktif dan meningkatkan kualitas hidupnya.

Kata Kunci : *Antiretroviral*, HI V/ AI DS, kualitas hidup

Daftar Pustaka: 45 (2010 –2018)

NURSING STUDY PROGRAM
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ABSTRACT

Kholifah

The Correlation between Antiretroviral Therapy (ARV) Duration and the Life Quality of Human Immunodeficiency Virus/ Acquired Immune Deficiency Syndrome (HIV/AIDS) Patients

61 pages+ 18 tables+ + 2 images+ 18 attachment + xvi

Background: Human Immunodeficiency Virus (HIV) is a virus that attacks the body's immune system. The impact of HIV is very complex because it causes physical, psychological and social problems that can affect life quality. HIV/ AIDS cannot be cured. Antiretroviral therapy (ARV) is important for patients with HIV/ AIDS because it can suppress the virus. However, ARV can also cause unpleasant side effects for long time. The purpose of this study is to determine the correlation between ARV therapy duration and the life quality of HIV/ AIDS patients.

Method: The study used a cross sectional study design. The data collection was done by questionnaire. 45 respondents were chosen with total sampling technique.

Results: The results of the study showed that 15 respondents with the duration of ARV therapy ≥ 2 years had good life quality. Whereas for the new duration of ARV therapy ≥ 6 months - < 2 years, there were 9 respondents who had fair life quality.

Conclusions and Suggestions: There is a correlation between the duration of ARV therapy and the life quality of HIV/AIDS patients which was proven by (p value $< 0,006$) and correlation 0,632 using the Lambda Coefficient test. Based on the results of the study, it is expected that HIV/ AIDS patients receive comprehensive assistance so that there is no breakdown in ARV therapy. For patients who have taken ARV for a long time, it is important to maintain adherence in taking ARV to keep their health and improve their productivity and life quality.

Keywords: Antiretroviral, HIV/AIDS. Quality of life

Bibliography: 45 (2010 –2018)