

**PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG**

Skripsi, Mei 2020
Efi Sulistiani

**Gambaran *Perceived Stress* Pada Orang Dengan HIV/AIDS (ODHA) Yang
Menjalani Terapi *Antiretroviral* (ARV) Di Balai Kesehatan Masyarakat Wilayah
Semarang**

Abstrak

Latar Belakang : *Human Immunodeficiency Virus* (HIV) menjadi penyakit dengan angka kematian yang tergolong tinggi dan telah tersebar diseluruh dunia. Tahun 2018 sebanyak 37,9 juta orang dan di Indonesia tahun 2019. Pengobatan untuk HIV/AIDS yaitu dengan Terapi *Antiretroviral* (ARV). ARV adalah terapi terbaik bagi pasien terinfeksi HIV hingga saat ini dimana tujuan utama pemberian ARV adalah untuk menekan jumlah virus (*viral load*), sehingga akan meningkatkan status imunitas pasien HIV dan mengurangi kematian akibat infeksi oportunistik. Terapi ARV pada ODHA dapat menyebabkan stress sehingga perlu dilakukan penelitian untuk menggambarkan *Perceived Stress* pada ODHA.

Tujuan Penelitian : Penelitian ini dilakukan dengan tujuan untuk menggambarkan *Perceived Stress* pada ODHA yang mendapatkan terapi ARV .

Metode Penelitian : Desain penelitian yang digunakan yaitu penelitian deskriptif dengan pendekatan survey. Populasi dalam penelitian ini adalah ODHA di Balai Kesehatan Masyarakat Kota Semarang yang menjalani terapi ARV yaitu sebanyak 53 orang. Sampel pada penelitian ini sebanyak 43 orang.

Hasil penelitian : ODHA yang mendapatkan terapi ARV di Balai Kesehatan Masyarakat mempunyai umur rata-rata 35.85, jenis kelamin laki-laki sebanyak 35 responden (74,5%) lama terdiagnosa rata-rata 3.17 tahun lama teravi ARV rata-rata 3.11 tahun. ODHA yang mendapatkan lama terapi ARV di Balai Kesehatan Masyarakat sebagian besar mempunyai *Perceived Stress* sedang sebanyak 18 responden (38,3%)

Kesimpulan : ODHA yang mendapatkan lama terapi ARV di Balai Kesehatan Masyarakat sebagian besar mempunyai *Perceived Stress* sedang.

Kata kunci : terapi ARV, *Perceived Stress*
Kepustakaan : 30 (2010-2018)

**NURSING SCIENCE STUDY PROGRAM
FACULTY OF NURSING AND HEALTH SCIENCES
UNIVERSITY OF MUHAMMADIYAH SEMARANG**

*Mini thesis, May 2020
Efi Sulistiani*

Description of Perceived Stress in People with HIV / AIDS Underwent Antiretroviral Therapy (ARV) at the Public Health Center in the Semarang Region

Abstract

Background: Human Immunodeficiency Virus (HIV) has become a disease with a very high mortality rate and has spread throughout the world. . In 2018 there were 37.9 million people and in Indonesia in 2019. Treatment for HIV / AIDS is with antiretroviral therapy (ARV). ARVs are the best therapy for HIV-infected patients to date where the main purpose of ARVs is to reduce the amount of virus (viral load), thereby increasing the immunity status of HIV patients and reducing deaths from opportunistic infections. ARV therapy in people living with HIV can cause stress so research needs to be done to describe Perceived Stress in people with HIV. ***Objectives:*** This study was conducted with the aim of describing the perceived stress in people living with HIV receiving ARV therapy. ***Methods:*** The research design used is descriptive research with a survey approach. The population in this study was People living with HIV at Semarang City Community Health Center who underwent ARV therapy, as many as 53 people. The sample in this study were 43 people. ***Results of the study:*** People living with HIV who received ARV therapy at the Public Health Center had an average age of 35.85, male sex as many as 35 respondents (74.5%) had been diagnosed for an average of 3.17 years, the average length of ARV therapy was 3.11 years. Most of HIV who received ARV therapy at the Public Health Center had moderate Perceived Stress with 18 respondents (38.3%) ***Conclusion:*** People living with HIV who have been on ARV therapy for a long time at the largest public health center have moderate perceived stress.

*Keywords: ARV therapy, Perceived Stress
Literature: 30 (2010-2018)*