

ABSTRAK

Stres, Kecemasan, dan Depresi dengan Kualitas Hidup Pasien DM di Kota Semarang

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Latar Belakang : Pasien dengan penyakit DM seringkali mengalami masalah psikologis seperti stres, cemas bahkan depresi sehingga perlu membutuhkan peran perawat dalam mengukur masalah tersebut supaya tidak terjadi masalah yang lebih berat lagi yang dapat mempengaruhi kualitas hidup pasien. **Tujuan penelitian** : menganalisa hubungan stres, kecemasan dan depresi terhadap kualitas hidup pasien DM. **Metode penelitian** : Menggunakan desain deskriptif korelasi dengan pendekatan *cross sectional*. Populasi adalah pasien DM di Kota Semarang. Sampel menggunakan *non probability sampling* dengan pendekatan *consecutive sampling* sejumlah 63 responden. Analisis data menggunakan uji *Pearson product moment*. **Hasil penelitian** : gambaran stres sebagian besar (44,4%) termasuk kategori ringan, gambaran kecemasan sebagian besar (50,8%) termasuk kategori sedang, gambaran depresi sebagian besar (39,7%) termasuk kategori ringan, kualitas hidup sebagian besar (65,1%) termasuk kategori baik. Terdapat hubungan stress, kecemasan, dan depresi terhadap kualitas hidup pasien DM ($p=0,00$). **Simpulan** : Ada hubungan antara stress, kecemasan, dan depresi terhadap kualitas hidup pasien DM. Semakin ringan stress, kecemasan dan depresi, semakin baik kualitas hidup pasien DM. **Saran**: diharapkan perawat mampu memberikan asuhan keperawatan jiwa yang berkaitan dengan kecemasan, stres maupun depresi untuk meningkatkan kondisi kesehatan dan memperbaiki kualitas hidup pasien.

Kata kunci : Diabetes mellitus, stres, kecemasan, depresi, kualitas hidup

ABSTRACT

Stress, Anxiety, and Depression with Quality of Life DM patients in Semarang City

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Background : Patients with DM often experience psychological problems such as stress, anxiety and even depression, so it is necessary to need the role of nurses in measuring these problems so that there are no more serious problems that can affect the patient's quality of life. **The research objective** : to analyze the relationship between stress, anxiety and depression on the quality of life of DM patients. **Research method** : Using a descriptive correlation design with cross sectional approach. The population in this study were DM patients in Semarang City. The sample used non probability sampling with a consecutive sampling approach with a total of 63 respondents. Data analysis using Pearson product moment test. **Results** : the description of stress was mostly (44.4%) in the mild category, the anxiety picture was mostly (50.8%) in the moderate category, the depiction of depression was mostly (39.7%) in the mild category, the quality of life was mostly (65.1%) is in the good category. There is a relationship between stress, anxiety, and depression on the quality of life of DM patients ($p = 0.00$). **Conclusion** : There is a relationship between stress, anxiety, and depression on the quality of life of DM patients. The lighter stress, anxiety and depression, the better the quality of life for DM patients. **Suggestion** : The nurses will be able to provide mental nursing care related to anxiety, stress and depression to improve health conditions and improve the quality of life of patients.

Keywords: *Diabetes mellitus, stress, anxiety, depression, quality of life*