

ABSTRAK

Latar Belakang: Dermatitis Atopik (DA) adalah penyakit inflamasi yang mempunyai gejala khas berupa gatal dan dapat menyebabkan gangguan tidur dan ekskoriasi, serta kulit yang lebih rentan terhadap infeksi. Dermatitis atopik dapat berdampak negatif pada kualitas hidup pasien dan keluarganya seperti gangguan tidur yang tidak hanya menimpa pasien dermatitis atopik melainkan juga pada keluarganya. Ekonomi dari keluarga dengan pasien pengidap dermatitis atopik pun juga ikut terkena dampak negatifnya seperti pengeluaran yang dibutuhkan untuk resep, perawatan, kunjungan dokter, dan rawat inap bagi pasien dermatitis atopik. Pada akhirnya, dampak ekonomi ini juga akan mengganggu kualitas hidup pasien. Di Indonesia, prevalensi dermatitis atopik yakni 10% dari populasi, mempengaruhi sebagian besar anak dan orang dengan usia produktif. Hingga saat ini, masih sedikit penelitian yang mencari tahu tentang hubungan antara derajat keparahan pasien dermatitis atopik dengan kualitas hidup, khususnya pada pasien dewasa dan penelitian seperti ini belum pernah dilakukan di wilayah Jawa Barat. Hal ini menjadi alasan mengapa penelitian ini dilakukan.

Tujuan Penelitian: Mengetahui apakah terdapat hubungan antara derajat keparahan dermatitis atopik dengan kualitas hidup pada pasien Poliklinik Kulit dan Kelamin RSUD Karawang Periode April — November 2022.

Metode Penelitian: Desain penelitian yang digunakan adalah desain observasional potong lintang (*cross-sectional*). Responden pada penelitian ini adalah 88 Responden yang menderita dermatitis atopik, bersedia berpartisipasi dalam penelitian ini dan data yang diberikan lengkap. Data diambil dengan menggunakan cara non-probabilitas, yakni dengan sampel *convenience* melalui penyebaran kuesioner kualitas hidup individu dari seluruh pasien dermatitis atopik yang pernah atau sedang menjalani rawat jalan di Poliklinik Kulit dan Kelamin RSUD Karawang Periode April — November 2022. Ini menggunakan *chi square* sebagai uji statistik.

Hasil: Didapatkan derajat keparahan dermatitis atopik di RSUD Karawang Periode April - November 2022 sebanyak sebanyak 49 (53,85%) orang dengan Dermatitis Atopik dengan derajat keparahan ringan, dan 42 (46,15%) orang dengan Dermatitis Atopik dengan derajat keparahan sedang-berat. Penelitian ini menunjukkan bahwa jumlah populasi tertinggi Dermatitis Atopik tertinggi di Poliklinik Kulit dan Kelamin RSUD Karawang Periode April–November 2022 adalah Dermatitis Atopik ringan. Berdasarkan kuesioner kualitas hidup dermatologi IKHD, yang dikategorikan menjadi IKHD, CDLQI, IDQOL didapatkan bahwa dari total 91 responden, sebanyak 5 (5,49%) diantaranya tidak memiliki pengaruh terhadap kualitas hidup dan sebanyak 86 (94,51%) berpengaruh terhadap kualitas hidup.

Kesimpulan: Terdapat hubungan antara derajat keparahan dermatitis atopik dengan kualitas hidup pasien di Poliklinik Kulit dan Kelamin RSUD Karawang Periode April – November 2022 dengan nilai OR 1,114 (95% CI 1,013-1,224).

Kata Kunci: dermatitis atopik, kualitas hidup

ABSTRACT

Background: Atopic dermatitis (AD) is an inflammatory disease characterized by typical symptoms such as itching, which can cause sleep disturbances and excoriation, as well as increased susceptibility to skin infections. Atopic dermatitis can have a negative impact on the quality of life of patients and their families, including sleep disturbances that affect not only the atopic dermatitis patients but also their families. The economic aspect of families with atopic dermatitis patients is also affected negatively, such as the expenses required for prescriptions, treatments, doctor visits, and hospitalizations for atopic dermatitis patients. Ultimately, these economic impacts will also disrupt the patient's quality of life. In Indonesia, the prevalence of atopic dermatitis is 10% of the population, affecting mostly children and people of productive age. Up until now, there are limited studies that investigate the relationship between atopic dermatitis and quality of, especially in adult patients, and similar studies have not been found in West Java region. This is the reason why this research was conducted.

Research Objectives: To determine whether there is a relationship between the severity of atopic dermatitis and the quality of life of patients at the Dermatology and Venereology Clinic of Karawang Regional General Hospital during the period of April to November 2022.

Research Methods: The research design used was a cross-sectional observational design. Respondents in this study were 88 respondents who suffered from atopic dermatitis, were willing to participate in this study and the data provided were complete. Data were collected by non-probability, namely a convenience sample by distributing individual quality of life questionnaires from all atopic dermatitis patients who had or are currently undergoing outpatient treatment at the skin and genital polyclinic of RSUD Karawang and the results of history taking and physical examination. This study uses chi square as a statistical test.

Results: *The results showed that the severity of atopic dermatitis at Karawang Regional General Hospital during the period of April to November 2022 consisted of 49 (53.85%) individuals with mild atopic dermatitis and 42 (46.15%) individuals with moderate to severe atopic dermatitis. This study indicated that the highest population of atopic dermatitis at the Dermatology and Venereology Clinic of Karawang Regional General Hospital during the period of April to November 2022 was mild atopic dermatitis. Based on the IKHD dermatology quality of life questionnaire, categorized into IKHD, CDLQI, IDQOL, it was found that out of a total of 91 respondents, 5 (5.49%) had no impact on their quality of life, while 86 (94.51%) had an impact on their quality of life.*

Conclusion: *There is a relationship between the severity of atopic dermatitis and the quality of life of patients at the Dermatology and Venereology Clinic of Karawang Regional General Hospital during the period of April to November 2022 with an odds ratio (OR) of 1.114 (95% CI 1.013-1.224).*

Keywords: *atopic dermatitis, quality of life*