

## ABSTRAK

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### HUBUNGAN ANTARA DERAJAT INSUFISIENSI VENA KRONIK DENGAN GEJALA DEPRESI DAN KUALITAS HIDUP

**Pendahuluan :** Insufisiensi Vena Kronik (IVK) merupakan kondisi gangguan aliran darah pada vena kaki dan memiliki dampak besar pada kualitas hidup penderita. Dampak dan gejala dari IVK dapat menyebabkan penderita menjadi stress, gelisah, atau depresi, yang berakibat penurunan kualitas hidup penderita. Tujuan dari penelitian ini adalah untuk meneliti korelasi antara derajat IVK dengan kualitas hidup dan gejala depresi.

**Metode :** Penelitian ini merupakan penelitian potong lintang. Subjek penelitian merupakan pasien penderita IVK Rumah Sakit Siloam Lippo Village. Data IVK berasal dari hasil doppler dan rekam medis. Peneliti melaksanakan wawancara kepada setiap subjek menggunakan kuesioner EQ-5D-3L dan PHQ-9 untuk mengukur kualitas hidup dan gejala depresi. Chi Square dipilih sebagai uji statistik dalam penelitian. Data dianalisa menggunakan Microsoft Excel dan SPSS versi 27.

**Hasil :** 126 Pasien tergabung kedalam penelitian dengan rata-rata usia  $62,33 \pm 11,18$ . Sebagian besar subjek merupakan wanita 58,73% (n=74) dan pria 41,27% (n=52). Keterbatasan mobilitas dialami pada 25,40% pasien, keterbatasan perawatan diri 8,73% pasien, keterbatasan aktivitas biasa 13,49% pasien, rasa sakit atau ketidaknyamanan dirasakan oleh 76,98% pasien, gelisah dan depresi dirasakan oleh 57,94% pasien. 53,17% (n=67) menunjukkan adanya gejala depresi ( $p = 0.172$ ).

**Kesimpulan :** Tidak terdapat korelasi antara derajat Insufisiensi Vena Kronik dengan kualitas hidup dan gejala depresi

**Kata Kunci :** Insufisiensi Vena Kronik, Depresi, dan Kualitas hidup

## **ABSTRACT**

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### ***THE RELATIONSHIP BETWEEN OF CHRONIC VEIN INSUFICIENCY DEGREE AND DEPRESSION SYMPTOMS AND QUALITY OF LIFE***

**Background :** *Chronic Venous Insufficiency (CVI) is a medical disorder that impairs blood flow in the veins of the legs and can have a major impact on a person's Quality of life (QoL). The chronic nature of CVI and the symptoms it causes a person more stressed, anxious, or depressed, which lowers their quality of life even more. The aim of this study is to investigate the correlation between CVI degree with QoL and Depressive Symptoms.*

**Methods :** *This study is a cross sectional study. Subjects of this study are CVI patients from Siloam Hospital Lippo Village. CVI data collection comes from the patient's vein doppler results and Medical Records. Researchers conducted interviews with each research subject, consecutive EQ-5D-3L and PHQ-9 used to determine the QoL and Depressive Symptoms. Chi Square was selected as a statistical test for this study. The data were analyzed using Microsoft Excel and SPSS version 27.*

**Results :** *126 Patients were enrolled in the study with a mean age of  $62.33 \pm 11.18$ . Most were 58.73% (n=74) women and 41.27% (n=52) men. Problems with mobility were noted in 25.40% of patients, self-care were noted in 8.73% of patients, usual activity were noted in 13.49% of patients, expressed pain/discomfort were noted in 76.98% of patients, anxiety and depression were noted in 57.94% of patients. 53.17% (n=67) show Depressive symptoms ( $p = 0.172$ ).*

**Conclusion:** *There is no correlation between CVI degree with Quality of life and Depressive Symptoms.*

**Keywords:** *Chronic Vein Insufficiency, Depression, and Quality of Life*