ABSTRAK

Raquela Rivanya Lomboan (01071170191)

HUBUNGAN TINGKAT DEPRESI DENGAN KUALITAS GAYA HIDUP PASIEN AUTOIMUN DI MASA PANDEMI COVID-19

(xiv +67 halaman: 4 bagan; 3 gambar; 4 tabel; 2 lampiran)

Latar belakang: Di Indonesia 67% telah mengalami depresi, trauma psikologis (77%) dan rasa cemas (68%) di masa pandemi. Protokol kesehatan baru seperti isolasi diri dan aksi pembatasan sosial dapat merubah gaya hidup seseorang sehingga menjadi faktor risiko depresi. Depresi dikaitkan dengan rasa nyeri, kelelahan dan gangguan tidur yang menjadi gejala umum bagi penyakit autoimun. Pasien autoimun cenderung kurang aktif secara fisik dibandingkan populasi sehat. Oleh karena itu, diperlukan penelitian lanjut dengan kuesioner PHQ-9 dan SLIQ untuk melihat hubungan tingkat depresi dengan kualitas gaya hidup pasien autoimun di masa pandemi.

Tujuan penelitian: Untuk mengetahui hubungan antara tingkat depresi dan kualitas gaya hidup pasien autoimun selama pandemi COVID-19.

Metode: Penelitian ini menggunakan metode studi korelasi dengan desain potong-lintang. Jumlah sampel penelitian adalah 67 dari Yayasan Marisza Cordoba. Teknik pengambilan sampel dilakukan dengan *convenience sampling*. Data dikumpulkan dari kuesioner online. Data diolah dengan menggunakan analisis Pearson dan model regresi linier multivariat.

Hasil: Hasil penelitian menunjukkan bahwa 26 dari 67 (38,81%) mengalami depresi ringan dan 24 dari 67 (35,81%) mengalami depresi minimal. Mayoritas sampel mengalami gaya hidup sedang (80,60%). Analisis Pearson menunjukkan hubungan lemah dan tidak signifikan ($r = -0,107$, $p = 0,388$).

Kesimpulan: Terdapat hubungan lemah antara tingkat depresi dan kualitas gaya hidup pasien autoimun selama pandemi COVID-19.

Kata kunci: Depresi, gaya hidup, pandemi COVID-19, penyakit autoimun
Referensi: 59 (1989-2020)

ABSTRACT

Raquela Rivanya Lomboan (01071170191)

THE RELATIONSHIP OF DEPRESSION LEVEL WITH LIFESTYLE QUALITY OF AUTOIMMUNE PATIENTS DURING COVID-19 PANDEMIC
(xiv+67 pages: 4 diagrams; 3 pictures; 4 tables; 2 attachments)

Background: *In Indonesia 67% experienced depression, psychological trauma (77%) and anxiety (68%) during the pandemic. New health protocols like self isolation and social distancing measures can change a person's lifestyle and thus becoming a risk factor for depression. Depression is associated with pain, fatigue and sleep disturbances, which are common symptoms of autoimmune diseases. Autoimmune patients tend to be less physically active compared to the healthy population. Therefore, further research is needed using PHQ-9 and SLIQ questionnaires to look at the relationship of depression levels with lifestyle quality of autoimmune patients during the pandemic.*

Objectives: *To find out the relationship between depression levels and lifestyle quality of autoimmune patients during the COVID-19 pandemic.*

Methods: *This research used correlation study method with cross-sectional design. The total research sample is 67 from Marisza Cordoba Foudation. Sampling technique was done with convenience sampling. Data was collected from an online questionnaire. Data was processed using Pearson's analysis and multivariate linear regression model.*

Results: *Results showed that 26 out of 67 (38,81%) experienced light depression and 24 out of 67 (35,81%) experienced minimal depression. Majority of the samples experienced moderate lifestyle (80,60%). Pearson's analysis showed weak relationship and not significant (r= -0,107, p=0,388).*

Conclusion: *There was weak relationship between depression levels and lifestyle quality of autoimmune patients during COVID-19 pandemic.*

Keywords: *depression, lifestyle, COVID-19 pandemic, autoimmune disease*
References*: 59 (1989-2020)*