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**Hubungan Kepatuhan Menjalankan Terapi *Anti Retro Viral* Terhadap
Kualitas Hidup ODHA (Orang Dengan HIV AIDS) Di Klinik
Voluntary Conseling And Testing RSUP M. DJAMIL
Padang Tahun 2014**

ABSTRAK

Orang yang terinfeksi HIV sangat rentan terhadap infeksi yang diakibatkan karena penurunan kekebalan tubuh. Terapi ARV adalah salah satu cara untuk meningkatkan sistem kekebalan tubuh. Terapi ini menuntut kepatuhan yang tinggi agar mampu mencapai tujuan dari terapi ini dan mampu meningkatkan kualitas hidup. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan menjalankan terapi ARV dengan kualitas hidup ODHA. Jenis penelitian ini adalah deskriptif korelasional dengan pendekatan *cross sectional*. Teknik pengambilan sampel yang digunakan adalah *purposive sampling* dengan jumlah sampel sebanyak 48 orang ODHA (orang dengan HIV/AIDS) yang menjalani terapi ARV. Penelitian dilakukan di poliklinik VCT RSUP DR M. Djamil Padang pada tanggal 6 juni-27 juni 2014. Metode pengumpulan data menggunakan 2 buah kuesioner, yakni kuesioner kepatuhan terapi dan kuesioner kualitas hidup. Hasil penelitian menunjukkan 68,8% responden patuh menjalankan terapi ARV dan rerata nilai kualitas hidup ODHA adalah 83,63 dengan standar deviasi 13,84. Analisa data menggunakan uji korelasi *spearman*. Terdapat hubungan yang signifikan dengan arah positif dan kekuatan korelasi sedang antara Kepatuhan menjalankan terapi ARV dengan kualitas hidup ODHA ($p = 0,001$; $r = 0,473$). Perawat disarankan untuk membentuk support group agar mampu meningkatkan kualitas hidup ODHA pada dimensi sosial.

Kata kunci: Kepatuhan, ARV, Kualitas hidup, ODHA

Daftar Pustaka: 38 (2002-2014)

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Relationship Between Adherence to Antiretroviral Therapy with Quality of life of People With HIV And AIDS at Polyclinic Voluntary Conseling And Testing RSUP DR. M. Djamil Padang in 2014

ABSTRACT

The people who were infected by HIV would be very susceptible from infection caused by the damage of the immune system. Antiretroviral therapy is one of ARV therapy is one way of boosting the immune system. This therapy demands higher adherence to achieve its objective of this therapy. One goal of this therapy is to improve the quality of life of people living with HIV. This research aims to know the relationship between adherence to antiretroviral therapy with quality of life of people with HIV and AIDS. The kind of this study was a descriptive correlational with cross-sectional approach. The sampling technique used was purposive sampling and the number of samples was 48 people with HIV and AIDS. The study was conducted in polyclinic VCT DR Dr M. Djamil Padang on 6 June-27 June 2014 at polyclinic voluntary counseling and testing RSUP DR. M. Djamil Padang in 2014. Method of data collection using 2 pieces of questionnaires, the questionnaire adherence therapy and quality of life questionnaire. The results of the research showed that 68.8% respondents had adherence and the mean value of the quality of life of PLHIV is 83.63 with a standard deviation of 13.84. Furthermore, the data was analyzed by Spearman correlation test. There is a significant relationship with the positive direction and the strength of the correlation was between adherence to antiretroviral therapy with quality of life of people with HIV and AIDS ($p = 0.001$; $r = 0.473$). Nurses are advised to form a support group to be able to improve the quality of life of people living with HIV in the social dimension.

Keywords: Adherence, Antiretroviral, quality of life, people with HIV and AIDS

Bibliography: 38 (2002-2014)