

ABSTRAK

Neuropati diabetik merupakan salah satu komplikasi kronik diabetes melitus yang dapat menyebabkan penurunan kualitas hidup dan meningkatkan risiko depresi. Kontrol glikemik yang buruk berperan dalam terjadinya kerusakan saraf perifer akibat hiperglikemia kronik. Penelitian mengenai gambaran kontrol glikemik, kualitas hidup, dan risiko depresi pada pasien neuropati diabetik di Indonesia, khususnya di RSUD Cut Meutia Aceh Utara, masih terbatas. Penelitian ini bertujuan untuk mengetahui gambaran kontrol glikemik, kualitas hidup, risiko depresi, serta karakteristik pasien neuropati diabetik di RSUD Cut Meutia Aceh Utara. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 70 responden yang dipilih menggunakan teknik *purposive sampling*. Data diperoleh melalui pengisian kuesioner *World Health Organization Quality of Life-BREF* (WHOQOL-BREF), *Patient Health Questionnaire-9* (PHQ-9), serta data HbA1c pasien. Analisis data dilakukan secara univariat dan disajikan dalam bentuk tabel distribusi frekuensi dan narasi. Hasil penelitian menunjukkan mayoritas responden berada pada kelompok usia pra-lansia 46–59 tahun sebanyak 40 orang (57,1%), berjenis kelamin laki-laki sebanyak 36 orang (51,4%), bekerja sebanyak 44 orang (62,9%), dan memiliki lama menderita diabetes melitus <5 tahun sebanyak 28 orang (40,0%). Mayoritas pasien memiliki kontrol glikemik tidak terkontrol sebanyak 56 orang (80,0%). Risiko depresi terbanyak berada pada kategori ringan sebanyak 34 orang (48,6%). Gambaran kualitas hidup menunjukkan domain fisik mayoritas berada pada kategori buruk sebanyak 34 orang (48,6%), domain psikologis pada kategori baik sebanyak 44 orang (62,9%), domain sosial pada kategori sedang sebanyak 41 orang (58,6%), dan domain lingkungan pada kategori baik sebanyak 43 orang (61,4%). Penelitian ini menunjukkan bahwa mayoritas pasien neuropati diabetik di RSUD Cut Meutia Aceh Utara memiliki kontrol glikemik yang tidak terkontrol, risiko depresi kategori ringan, kualitas hidup domain fisik buruk, domain psikologis baik, domain sosial sedang, dan domain lingkungan yang baik.

Kata kunci: neuropati diabetik, kontrol glikemik, kualitas hidup, risiko depresi, HbA1c, WHOQOL-BREF, PHQ-9.

ABSTRACT

Diabetic neuropathy is one of the chronic complications of diabetes mellitus that can cause a decrease in quality of life and increase the risk of depression. Poor glycemic control plays a role in the occurrence of peripheral nerve damage due to chronic hyperglycemia. Research regarding the description of glycemic control, quality of life, and risk of depression in patients with diabetic neuropathy in Indonesia, especially at Cut Meutia Regional General Hospital, North Aceh, is still limited. This study aimed to determine the description of glycemic control, quality of life, risk of depression, and characteristics of patients with diabetic neuropathy at Cut Meutia Regional General Hospital, North Aceh. This study was a descriptive quantitative study with a cross-sectional approach. The sample consisted of 70 respondents selected using purposive sampling technique. Data were obtained through the World Health Organization Quality of Life-BREF (WHOQOL-BREF) questionnaire, Patient Health Questionnaire-9 (PHQ-9), and patients' HbA1c data. Data analysis was performed using univariate analysis and presented in the form of frequency distribution tables and narratives. The results showed that the majority of respondents were in the pre-elderly age group 46–59 years old, totaling 40 people (57.1%), male, totaling 36 people (51.4%), employed, totaling 44 people (62.9%), and had suffered from diabetes mellitus for <5 years, totaling 28 people (40.0%). The majority of patients had uncontrolled glycemic control, totaling 56 people (80.0%). The highest distribution of depression risk was in the mild category, totaling 34 people (48.6%). The description of quality of life showed that the physical domain was mostly in the poor category, totaling 34 people (48.6%), the psychological domain was mostly in the good category, totaling 44 people (62.9%), the social domain was mostly in the moderate category, totaling 41 people (58.6%), and the environmental domain was mostly in the good category, totaling 43 people (61.4%).

This study showed that the majority of patients with diabetic neuropathy at Cut Meutia Regional General Hospital, North Aceh, had uncontrolled glycemic control, mild risk of depression, poor quality of life in the physical domain, good quality of life in the psychological domain, moderate quality of life in the social domain, and good quality of life in the environmental domain.

Keywords: diabetic neuropathy, glycemic control, quality of life, risk of depression, HbA1c, WHOQOL-BREF, PHQ-9