

ABSTRAK

Diabetes melitus tipe 2 (DMT2) merupakan penyakit kronis yang memerlukan pengobatan jangka panjang dan dapat memengaruhi kualitas hidup pasien lanjut usia. Perbedaan cara pemberian, efek samping, dan beban pengobatan antara obat antidiabetes oral dan insulin dapat memengaruhi domain fisik, psikologis, hubungan sosial, dan lingkungan pasien. Penelitian ini bertujuan untuk mendeskripsikan kualitas hidup pasien lanjut usia dengan DMT2 yang menggunakan obat antidiabetes oral dan insulin di RSUD Cut Meutia Kabupaten Aceh Utara. Penelitian ini merupakan penelitian deskriptif dengan pendekatan potong lintang. Sampel penelitian berjumlah 92 responden yang terdiri atas 46 pengguna obat antidiabetes oral dan 46 pengguna insulin. Sampel dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner karakteristik responden dan instrumen WHOQOL-BREF versi bahasa Indonesia, kemudian dari raw score yang didapat akan di transformasi ke skala 1-100 kemudian hasil akan di Analisa secara univariat dalam bentuk distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa kelompok pengguna insulin didominasi lansia akhir (41,3%) dan pendidikan SMP (37,0%), sedangkan pengguna obat antidiabetes oral didominasi lansia awal (82,6%) dan pendidikan SMA (58,7%). Kedua kelompok didominasi laki-laki (65,2%) dan bekerja sebagai wiraswasta. Kualitas hidup kategori tinggi pada pengguna obat oral paling banyak ditemukan pada domain psikologis (87,0%) dan fisik (84,8%), sedangkan pada pengguna insulin paling tinggi pada domain lingkungan (89,1%) dan hubungan sosial (84,8%). Tidak terdapat responden dengan kualitas hidup kategori rendah pada seluruh domain pada kedua kelompok terapi.. Penelitian ini menyimpulkan bahwa kualitas hidup pasien lanjut usia dengan DMT2 yang menggunakan obat antidiabetes oral maupun insulin didominasi oleh kategori tinggi pada seluruh domain WHOQOL-BREF.

Kata kunci: diabetes melitus tipe 2, insulin, kualitas hidup, lanjut usia, obat antidiabetes oral, WHOQOL-BREF

ABSTRACT

Type 2 diabetes mellitus (T2DM) is a chronic disease that requires long-term treatment and may affect the quality of life of older adults. Differences in the mode of administration, adverse effects, and treatment burden between oral antidiabetic medications and insulin may affect patients' physical, psychological, social, and environmental quality of life. This study aimed to describe the quality of life of older adults with T2DM receiving oral antidiabetic medications and insulin at Cut Meutia Regional General Hospital, North Aceh Regency. This was a descriptive study with a cross-sectional approach. The study included 92 respondents, consisting of 46 patients receiving oral antidiabetic medications and 46 patients receiving insulin. The respondents were selected using purposive sampling. Data were collected using a respondent characteristics questionnaire and the Indonesian version of the WHOQOL-BREF instrument. The raw scores were transformed to a 1–100 scale and analyzed using univariate analysis in the form of frequency distributions and percentages. The results showed that the insulin group was predominantly composed of older adults in the older elderly age group (41.3%) and those with junior high school education (37.0%), whereas the oral antidiabetic medication group was predominantly composed of younger elderly adults (82.6%) and those with senior high school education (58.7%). Both groups were predominantly male (65.2%) and self-employed (entrepreneurs). A high quality of life among patients receiving oral antidiabetic medications was most frequently observed in the psychological domain (87.0%) and physical domain (84.8%), whereas among insulin users, it was most frequently observed in the environmental domain (89.1%) and social domain (84.8%). No respondents in either treatment group had a low quality of life in any of the assessed domains. In conclusion, the quality of life of older adults with T2DM receiving either oral antidiabetic medications or insulin was predominantly classified as high across all WHOQOL-BREF domains.

Keywords: insulin, older adults, oral antidiabetic drugs, quality of life, type 2 diabetes mellitus, WHOQOL-BREF