

ABSTRAK
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Hubungan Lama Pengobatan Dengan Tingkat Stres Pada Penderita Tuberkulosis
Di Rumah Sakit Paru Jember

xix + 92 halaman + 2 gambar + 16 Tabel + 16 Lampiran

Abstrak

Pendahuluan : Tuberkulosis disebabkan oleh penyakit menular yang cukup serius akibat bakteri *Mycobacterium tuberculosis* yang mampu hidup di paru-paru dan menyebar melalui percikan droplet. Resistensi obat menjadi tantangan besar dengan munculnya tuberkulosis *multi drug resisten*. Stres yang cukup berat dialami akibat lamanya proses pengobatan, di mana penderita merasa pengobatan tersebut mengganggu aktivitas harian mereka. **Metode :** Penelitian ini menggunakan desain penelitian korelasi dengan pendekatan *cross-sectional*, dilakukan di Rumah Sakit Paru Jember dengan populasi pasien tuberkulosis paru dan *multi drug resisten*. Instrumen penelitian menggunakan kuesioner *Perceived Stress Scale* (PSS-10) dan rekam medis. Analisis data menggunakan uji *Rank Spearman*. **Hasil :** Uji *Rank Spearman* menunjukkan terdapat hubungan signifikan antara lama pengobatan dengan tingkat stres pada pasien tuberkulosis paru ($p < 0,05$) maupun tuberkulosis *multi drug resisten* ($p < 0,05$). Pasien dengan durasi pengobatan yang lebih lama cenderung memiliki tingkat stres lebih tinggi. Pada fase intensif sebagian besar pasien mengalami stres sedang, sedangkan pada fase lanjutan dan terapi jangka panjang proporsi stres berat lebih besar. **Kesimpulan :** Lama pengobatan berhubungan positif dengan tingkat stres pada penderita tuberkulosis paru dan tuberkulosis *multi drug resisten* di Rumah Sakit Paru Jember. Dukungan psikologis yang memadai diperlukan untuk membantu pasien beradaptasi selama menjalani pengobatan, meningkatkan kepatuhan terapi, dan meminimalkan dampak psikologis negatif.

Kata kunci : lama pengobatan, tingkat stres, tuberkulosis paru, tuberkulosis *multi drug resisten*

ABSTRACT

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The Relationship Between Treatment Duration and Stress Levels in Tuberculosis Patients

xix + 92 pages + 2 figures + 16 tables + 16 appendices

Abstract

Introduction : Tuberculosis is a serious infectious disease caused by the bacterium *Mycobacterium tuberculosis*, which can live in the lungs and spread through droplets. Drug resistance is a major challenge with the emergence of multidrug-resistant tuberculosis. Patients experience significant stress due to the length of the treatment process, which they feel interferes with their daily activities. **Method** : This study employed a correlational research design with a cross-sectional approach, conducted at Jember Lung Hospital with a population of pulmonary tuberculosis and multidrug-resistant tuberculosis patients. The research instruments used were the Perceived Stress Scale (PSS-10) questionnaire and medical records. Data analysis used the Spearman's Rank Correlation Test. **Results** : The Spearman's Rank Correlation Test showed a significant association between treatment duration and stress levels in pulmonary tuberculosis patients ($p < 0.05$) and multidrug-resistant tuberculosis patients ($p < 0.05$). Patients with longer treatment durations tended to have higher stress levels. During the intensive phase, most patients experienced moderate stress, while during the continuation phase and long-term therapy, the proportion of severe stress was higher. **Conclusion** : Treatment duration is positively associated with stress levels in patients with pulmonary tuberculosis and multidrug-resistant tuberculosis at Jember Lung Hospital. Adequate psychological support is necessary to help patients adapt during treatment, improve

Keywords : duration of treatment, stress level, pulmonary tuberculosis, multidrug-resistant tuberculosis