

## ABSTRAK

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Program Studi : Kedokteran Umum  
Judul : Gambaran Kualitas Hidup Pada Penderita Epilepsi Di Poliklinik Saraf Rumah Sakit Umum Daerah Kota Bekasi Dan Tinjauannya Menurut Pandangan Islam

**Latar Belakang :** Epilepsi merupakan salah satu penyakit neurologi tertua, ditemukan pada semua usia dan dapat menyebabkan hendaya serta mortalitas. Diduga terdapat sekitar 50 juta orang dengan epilepsi di dunia. Sebanyak 2,4 juta orang didiagnosis dengan epilepsi setiap tahun. Pasien epilepsi memiliki kualitas hidup yang lebih rendah daripada populasi normal. Berbagai konsekuensi dari diagnosis epilepsi yang diterima oleh pasien tersebut yang kemudian membuat kualitas hidup pasien epilepsi menurun dan terbatas oleh berbagai hal. Dalam melakukan penilaian kualitas hidup pada penderita epilepsi dapat menggunakan suatu instrumen yaitu, *Quality of Life in Epilepsy (QOLIE-31)*.

**Metode :** Penelitian bersifat deskriptif dengan desain penelitian *cross sectional* yang dimaksudkan untuk melihat gambaran kualitas hidup penderita epilepsi. Data diambil menggunakan kuesioner QOLIE-31 (*Quality of Life in Epilepsy*) pasien epilepsi yang memiliki kriteria inklusi yaitu, penderita mahir berbahasa Indonesia dan dapat membaca dan menulis. Penetapan besar sampel menggunakan *total sampling* dan penetapan sampel menggunakan teknik *consecutive sampling*.

**Hasil :** Berdasarkan hasil penelitian didapatkan jumlah data terkumpul sebanyak 33 pasien namun yang memenuhi kriteria inklusi penelitian sebanyak 30 pasien. Dari data yang terkumpul terdapat 15 pasien (50%) perempuan dan 15 pasien (50%) laki-laki. Pasien terbanyak pada golongan usia 17-25 tahun sebanyak 11 pasien (36,67%). Sebanyak 12 pasien (40%) tidak mempunyai riwayat penyakit terdahulu, dan 11 pasien (36,67%) disebabkan karena trauma kepala. Untuk Skor keseluruhan kualitas hidup pasien menunjukkan 19 orang (63,33%) dalam keadaan baik.

**Kesimpulan :** Tingkat kualitas hidup penderita epilepsi di RSUD Kota Bekasi sebagian besar dalam keadaan baik. Hal ini didukung dengan kepatuhan minum obat secara teratur. Menerapkan pola hidup sehat sesuai anjuran Rasulullah SAW, kualitas hidup manusia akan senantiasa dalam keadaan baik dan sehat.

**Kata Kunci :** Epilepsi, Kualitas Hidup Pasien Epilepsi.

## **ABSTRACT**

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*Study Program : Medicine*  
*Title : Description Quality Of Life In Epilepsy Patients In Neurology Clinic Of General Hospital Bekasi City And Reviews According To Islamic Views*

**Background :** *Epilepsy is one of the oldest neurological diseases, found at all ages and can cause obesity and mortality. It is estimated that there are around 50 million people with epilepsy in the world. As many as 2.4 million people are diagnosed with epilepsy every year. Epilepsy patients have a lower quality of life than the normal population. Various consequences of the diagnosis of epilepsy received by these patients which then makes the quality of life of epilepsy patients decreased and limited by various things. In assessing the quality of life in patients with epilepsy can use an instrument, namely, Quality of Life in Epilepsy (QOLIE-31).*

**Methods :** *The research is descriptive with a cross sectional research design that is intended to see a picture of the quality of life of patients with epilepsy. Data were taken using a QOLIE-31 (Quality of Life in Epilepsy) questionnaire for epilepsy patients who had inclusion criteria, namely, patients who were proficient in Indonesian and could read and write. Determination of the sample size using total sampling and determination of the sample using consecutive sampling techniques.*

**Result :** *Based on the results of the study, the number of data collected was 33 patients but those who met the study inclusion criteria were 30 patients. From the data collected there were 15 patients (50%) female and 15 patients (50%) male. Most patients in the age group of 17-25 years were 11 patients (36.67%). A total of 12 patients (40%) did not have a history of previous illnesses, and 11 patients (36.67%) were caused due to head trauma. The overall quality of life score of the patient showed 19 people (63.33%) in good condition.*

**Conclusion :** *The level of quality of life of epilepsy sufferers in Bekasi City Hospital is mostly in good condition. This is supported by regular medication adherence. Applying a healthy lifestyle according to the advice of the Prophet Muhammad, the quality of human life will always be in good condition and healthy.*

**Keywords :** *Epilepsy, Quality of Life in Epilepsy Patients.*