

## HUBUNGAN MEKANISME KOPING DENGAN KUALITAS HIDUP PADA ODHA DI YAYASAN VICTORY PLUS YOGYAKARTA

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### INTISARI

**Latar Belakang:** mekanisme koping pada ODHA merupakan hal penting untuk diperhatikan sebagai salah satu upaya untuk mengontrol respon koping individu guna menghadapi tekanan yang dialami ODHA. Selain itu, mekanisme koping dapat mempengaruhi kualitas hidup pada ODHA.

**Tujuan:** untuk mengetahui hubungan mekanisme koping dengan kualitas hidup pada ODHA di Yayasan Victory Plus Yogyakarta.

**Metode:** penelitian ini menggunakan metode deskriptif analitik korelasi dengan pendekatan *cross sectional*. Teknik pengambilan sampel *purposive sampling* dengan jumlah sampel 74 responden. Kualitas hidup ODHA diukur menggunakan kuesioner WHOQOL, sementara mekanisme koping diukur dengan menggunakan kuesioner Brief-cope yang telah valid dan reliabel. Analisa data menggunakan uji *Somers'd*.

**Hasil:** Mekanisme koping pada ODHA dengan kualitas hidup ODHA berdasarkan empat domain yaitu fisik, psikologis, sosial dan lingkungan. Hasil penelitian menunjukkan bahwa ODHA yang menggunakan mekanisme koping maladaptif berdasarkan kualitas hidup pada domain fisik rendah sebanyak 36 responden (48,6%), kualitas hidup pada domain psikologis rendah sebanyak 34 responden (45,9%), kualitas hidup pada domain sosial rendah sebanyak 35 responden (47,3%) dan kualitas hidup pada domain lingkungan didapatkan rendah sebanyak 35 responden (47,3%).

**Kesimpulan:** Terdapat hubungan antara mekanisme koping dengan kualitas hidup ODHA di Yayasan Victory Plus Yogyakarta dimana memiliki mekanisme koping maladaptif memiliki kualitas hidup rendah yaitu sebanyak 37 responden (50%). Mekanisme koping yang digunakan ODHA merupakan hal yang penting karena dapat mempengaruhi kualitas hidup, produktifitas, dan kepatuhan dalam pengobatan pada ODHA.

**Kata Kunci:** Mekanisme koping, HIV, Kualitas Hidup

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## THE CORRELATION BETWEEN COPING MECHANISM AND QUALITY OF LIFE IN ODHA AT VICTORY PLUS FOUNDATION YOGYAKARTA

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### ABSTRACT

**Background:** The coping mechanism in ODHA is important to note as one of the efforts to control the individual coping response to cope with the stress experienced by ODHA. In addition, coping mechanisms can affect the quality of life in people with HIV.

**Research Objectives:** to know the relationship between coping mechanism and quality of life in HIV / AIDS at Yayasan Victory Plus Yogyakarta.

**Method:** this study uses descriptive analytical method correlation with cross sectional approach. Purposive sampling technique with a sample of 74 respondents. The quality of life in HIV was measured using the WHOQOL questionnaire, while the coping mechanism was measured using a valid and reliable Brief-cope questionnaire. Data analysis using Somers'd test.

**Results:** Coping mechanisms in ODHA with the quality of life of ODHA based on four domains, namely physical, psychological, social and environmental. The results showed that HIV / AIDS using maladaptive coping mechanisms based on low quality of life in the physical domain was 36 respondents (48.6%), quality of life in the psychological domain was low as 34 respondents (45.9%), quality of life in the social domain was low as 35 respondents (47.3%) and quality of life in the environmental domain was found to be as low as 35 respondents (47.3%).

**Conclusion:** There was a relationship between the coping mechanism and the quality of life of HIV / AIDS in Yayasan Victory Plus Yogyakarta which has a maladaptive coping mechanism has a low quality of life that was as many as 37 respondents (50%). The coping mechanism used by ODHA is important because it can affect the quality of life, productivity, and adherence to treatment in ODHA.

**Keywords:** Coping mechanism, HIV, Quality of Life

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