

# ANALISIS RASIONALITAS PENGGUNAAN OBAT ANTIDEPRESAN PADA PASIEN DEPRESI DI SOEROJO HOSPITAL MAGELANG

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## INTISARI

**Latar Belakang:** Depresi merupakan gangguan mental yang umum dan sering memerlukan terapi jangka Panjang dengan menggunakan obat antidepresan. Penggunaan antidepresan yang tidak rasional dapat menyebabkan efek samping, resistensi terapi, hingga memicu gangguan baru seperti bipolar. Evaluasi rasionalitas penggunaan obat menjadi penting untuk memastikan efektivitas dan keamanan terapi.

**Tujuan Penelitian:** Mengetahui rasionalitas penggunaan obat antidepresan pada pasien depresi di Soerojo Hospital Magelang tahun 2024.

**Metode Penelitian:** Penelitian ini merupakan studi observasional deskriptif dengan pendekatan retrospektif. Data diambil dari rekam medis pasien rawat inap dan rawat jalan dengan diagnosis depresi yang mendapatkan terapi antidepresan selama Januari–Desember 2024. Sampel ditentukan secara *purposive* diperoleh 95 sampel. Kategori rasionalitas dilihat dari tepat indikasi, tepat pasien, tepat obat, tepat dosis dan tepat frekuensi. Data dianalisis dengan cara dibandingkan dengan literatur *Drug Information Handbook 28th Edition* (2019) dan *Pharmacotherapy: A Pathophysiologic Approach* (11th ed.). Analisis data yang dilakukan secara univariat.

**Hasil Penelitian:** Pasien depresi di Soerojo Hospital Magelang tahun 2024 mayoritas berusia (18–40 tahun) 55 pasien (57,89%), dengan dominasi jenis kelamin perempuan 60 pasien (63,16%). Pasien tidak memiliki penyakit penyerta 70 pasien (73,68%), dan tidak bekerja 51 pasien (53,68%). Mayoritas terdiagnosis depresi berat dengan gejala psikotik 71 pasien (74,74%) kebanyakan berstatus pasien rawat jalan 48 pasien (50,53%). Pengobatan paling umum yang diterima pasien yaitu terapi tunggal obat golongan SSRI dengan jenis obat fluoxetine sebanyak 32 pasien (33,68%). Berdasarkan kategori tepat didapatkan tepat indikasi 100%, tepat pasien 100%, tepat obat 96,84%, tepat dosis 92,63% dan tepat frekuensi 100%.

**Kesimpulan:** Penggunaan antidepresan di Soerojo Hospital Magelang umumnya rasional dengan tingkat ketepatan 89,47%, meskipun masih terdapat ketidaksesuaian pada aspek obat dan dosis.

**Kata Kunci:** Rasionalitas, Antidepresan, Depresi

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# ANALYSIS OF THE RATIONAL USE OF ANTIDEPRESSANT DRUGS IN PATIENTS WITH DEPRESSION AT SOEROJO HOSPITAL MAGELANG

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## ABSTRACT

**Background:** Depression is a common mental disorder that frequently requires long-term therapy with antidepressant medications. Irrational use of antidepressants may result in adverse side effects, reduced treatment effectiveness due to resistance, and even trigger new psychiatric conditions such as bipolar disorder. Therefore, evaluating the rationality of antidepressant use is essential to ensure both effectiveness and safety in clinical practice.

**Objective:** This study aimed to evaluate the rationality of antidepressant use in patients diagnosed with depression at Soerojo Hospital Magelang in 2024.

**Method:** This study applied a descriptive observational design with a retrospective approach. Data were collected from medical records of inpatient and outpatient depression patients who received antidepressant therapy between January and December 2024. Sampling was performed using a purposive technique, resulting in 95 patients. Rationality was assessed according to five criteria: appropriate indication, appropriate patient, appropriate drug, appropriate dose, and appropriate frequency. The evaluation referred to the *Drug Information Handbook* 28th Edition (2019) and *Pharmacotherapy: A Pathophysiologic Approach* 11th Edition. Data were analyzed descriptively using a univariate method.

**Result:** Most patients were aged 18–40 years (55 patients, 57.89%) and female (60 patients, 63.16%). A majority had no comorbidities (70 patients, 73.68%) and were unemployed (51 patients, 53.68%). Severe depression with psychotic symptoms was the predominant diagnosis (71 patients, 74.74%), with slightly more outpatients (48 patients, 50.53%). The most frequent therapy was SSRI monotherapy, particularly fluoxetine, prescribed to 32 patients (33.68%). Evaluation showed 100% appropriate indication, 100% appropriate patient, 96.84% appropriate drug, 92.63% appropriate dose, and 100% appropriate frequency.

**Conclusion:** The use of antidepressants at Soerojo Hospital Magelang is generally rational, with an accuracy rate of 89.47%, although some discrepancies remain in drug selection and dosage.

**Keywords:** Antidepressants, Depression, Rationality

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