

## ABSTRACT

As many as 11.6% of Indonesia's population aged 15 years and over experience emotional distress. One of the factor causing emotional distress is suffering from certain diseases. TB is ranked second as the leading cause of death in urban areas and third in rural areas. The purpose of the study was to analyze the relationship between pulmonary TB patients and emotional distress at Puskesmas Tanah Kali Kedinding.

The type of research used is analytic observational research with a cross sectional approach. The sample of the study was a portion of pulmonary TB patients at Puskesmas Tanah Kali Kedinding, as many as 44 people. The sampling technique uses simple random sampling. Primary data was obtained from filling out questionnaires about the characteristics and SRQ-20 to determine the condition of the respondents' mental emotional health. The analysis used was univariate and bivariate analysis using the chi square test.

The results showed that out of 44 respondents, there were 24 (54.50%) respondents who experienced emotional distress. The majority of pulmonary TB patients who experience emotional distress are in the age group > 55 years old, female, have low education, do not work, married, suffer from < 3 diseases, and have suffered from the disease < 6 months. There was no relationship between age, sex, education level, employment status, marital status, and long suffered from illness with emotional distress. There is a relationship between the number of illnesses suffered by respondents with emotional distress. Mental health promotion efforts need to be integrated with pulmonary tuberculosis disease programs to reduce patient suffering and emotional distress impacts during the treatment period.

Keywords: emotional distress, mental health, pulmonary TB.

## ABSTRAK

Sebanyak 11,6% penduduk Indonesia yang berumur 15 tahun ke atas mengalami *emotional distress*. Salah satu faktor penyebab *emotional distress* adalah menderita penyakit tertentu. Penyakit TB menempati peringkat kedua sebagai penyebab kematian terbanyak di perkotaan dan peringkat ketiga di pedesaan. Tujuan dari penelitian yaitu untuk menganalisis hubungan antara penderita penyakit TB paru dengan *emotional distress* di Puskesmas Tanah Kali Kedinding.

Jenis penelitian yang digunakan adalah penelitian observasional analitik dengan pendekatan *cross sectional*. Sampel penelitian adalah sebagian penderita TB paru di Puskesmas Tanah Kali Kedinding, yaitu sebanyak 44 orang. Teknik pengambilan sampel menggunakan *simple random sampling*. Data primer didapatkan dari pengisian kuesioner mengenai karakteristik serta SRQ-20 untuk mengetahui kondisi kesehatan mental emosional responden. Analisis yang digunakan adalah analisis *univariate* dan *bivariate* dengan menggunakan uji *chi square*.

Hasil penelitian menunjukkan bahwa dari total 44 responden, terdapat 24 (54,50%) responden yang mengalami *emotional distress*. Sebagian besar penderita penyakit TB paru yang mengalami *emotional distress* berada pada kelompok umur > 55 tahun, berjenis kelamin perempuan, berpendidikan rendah, tidak bekerja, menikah, menderita < 3 penyakit, dan telah menderita penyakitnya < 6 bulan. Tidak ada hubungan antara umur, jenis kelamin, tingkat pendidikan, status pekerjaan, status pernikahan, dan lama menderita penyakit dengan *emotional distress*. Ada hubungan antara jumlah penyakit yang diderita responden dengan *emotional distress*. Upaya promosi kesehatan mental perlu diintegrasikan dengan program penyakit TB paru agar mengurangi penderitaan pasien dan dampak *emotional distress* pada saat masa pengobatan.

Kata kunci: *emotional distress*, kesehatan mental, TB paru.