

ABSTRACT

RELATIONSHIP OF NEUROPATHIC PAIN WITH QUALITY OF LIFE IN PATIENTS WITH CHRONIC LOW BACK PAIN AT BHAYANGKARA HOSPITAL IN BANDAR LAMPUNG

By:

Anindia Syafia Halimathus Sa'dyah

Introduction: Chronic low back pain (LBP) is a common health problem that can lead to a decrease in patients quality of life. Neuropathic pain is pain that arises due to damage or disease in the somatosensory nervous system. This study aims to determine the relationship between neuropathic pain and quality of life in patients with chronic low back pain.

Methods: This research is an observational analytic study with a cross-sectional approach. The study involved 128 patients with chronic low back pain. The variables examined in this study are neuropathic pain and quality of life. The instruments used were the DN4 (Douleur Neuropathique 4 Questions) questionnaire and the 36-Item Short Form Survey (SF-36). Univariate and bivariate data analyses were conducted using the alternative Fisher's Exact Test ($\alpha = 5\%$).

Results: A total of 125 patients (97.7%) participated in the study, with 109 of them (85.2%) experiencing poor quality of life. Bivariate analysis showed a significant association between neuropathic pain and quality of life in patients with chronic low back pain ($p = 0.003$).

Conclusion: There is a significant relationship between neuropathic pain and quality of life in chronic low back pain patients at Bhayangkara Bandar Lampung Hospital. This study is expected to contribute to a deeper understanding and the development of integrated services for managing low back pain symptoms in hospitals.

Keywords: Quality of Life, Low Back Pain, Neuropathic Pain.

ABSTRAK

HUBUNGAN NYERI NEUROPATIK DENGAN *QUALITY OF LIFE* PADA PASIEN *LOW BACK PAIN* KRONIK DI RUMAH SAKIT BHAYANGKARA DI BANDAR LAMPUNG

Oleh:

Anindia Syafia Halimathus Sa'dyah

Pendahuluan: *Low back pain* (LBP) kronik merupakan salah satu masalah kesehatan yang sering dijumpai dan dapat menyebabkan penurunan kualitas hidup pasien. Nyeri neuropatik adalah nyeri yang timbul akibat kerusakan atau penyakit pada sistem saraf somatosensori. Penelitian ini untuk mengetahui hubungan nyeri neuropatik dengan kualitas hidup pada pasien *low back pain* kronik.

Metode: Penelitian ini merupakan studi analitik observasional dengan pendekatan *cross-sectional*. Penelitian ini sebanyak 128 pasien *low back pain* kronik. Variabel penelitian ini adalah nyeri neuropatik dan *quality of life*. Alat ukur penelitian ini menggunakan kuesioner DN4 (*Douleur Neuropathique 4 Questions*) dan *The 36-Items Short For Survey* (SF-36). Analisis data univariat dan bivariat menggunakan uji alternatif *Fisher Exact Test* ($\alpha = 5\%$).

Hasil: Sebanyak 125 pasien (97,7%) dan mengalami kualitas hidup kurang baik dengan frekuensi sebanyak 109 (85,2%). Dari analisis bivariat didapatkan hubungan antara nyeri neuropatik dengan kualitas hidup pada pasien LBP kronik ($p = 0.003$).

Kesimpulan: Terdapat hubungan yang signifikan antara nyeri neuropatik dan kualitas hidup pada pasien *low back pain* kronik di Rumah Sakit Bhayangkara Bandar Lampung. Penelitian ini diharapkan dapat mengembangkan pengetahuan yang lebih mendalam dan layanan terpadu guna menangani gejala *low back pain* di Rumah Sakit.

Kata Kunci: Kualitas Hidup, *Low Back Pain*, Nyeri Neuropatik.