

ABSTRAK

Talasemia merupakan penyakit kelainan darah genetik salah satunya talasemia mayor yang mempunyai anemia berat sangat tergantung pada transfusi untuk memperpanjang umur dan dampak eksternal jika penyandang talasemia terus meningkat tentu akan sangat sulit untuk menjalankan sistem dan fungsi di lingkungannya dan dampak internal ini dikarenakan oleh pengobatan yang harus dijalani seumur hidupnya untuk mempertahankan kualitas hidup seperti sistem dukungan dari keluarga, teman dan orang terdekat yang berupa dukungan emosional, instrumental, informasi, penghargaan.

Tujuan penelitian ini untuk mengetahui hubungan dukungan sosial dengan kualitas hidup remaja talasemia mayor di RSUD Majalaya.

Jenis penelitian ini menggunakan *deskriptif correlation*, dengan populasi 33 remaja talasemia mayor, sampel sebanyak 33 remaja talasemia mayor. Pengambilan sampel dilakukan dengan metode *total sampling*. Pengambilan data menggunakan kuesioner dukungan sosial MSPSS dan kualitas hidup SF-36. Analisa yang digunakan univariat ditampilkan dalam bentuk tabel distribusi frekuensi dan analisa bivariat dilakukan uji *spearman rank*.

Hasil penelitian diperoleh dukungan sosial rendah sebanyak 11 (73,3%) remaja memiliki kualitas hidup buruk, dukungan rendah 4 (26,7%) remaja memiliki kualitas hidup baik dan dukungan sosial tinggi sebanyak 3 (16,7%) remaja memiliki kualitas hidup buruk, dukungan sosial tinggi 15 (83,3%) kualitas hidup baik, maka H_a diterima sehingga terdapat hubungan antara dukungan sosial dengan kualitas hidup remaja talasemia mayor di RSUD Majalaya. Berdasarkan hasil penelitian, perlu dilakukan pemebrian edukasi yang dapat meningkatkan dukungan sosial dengan kualitas hidup.

Kata Kunci	: Dukungan Sosial, Kualitas Hidup, Remaja, Talasemia
Daftar Pustaka	: 13 Buku (2013-2019) 3 Website (2013-2019) 29 Jurnal (2008-2020)

ABSTRACT

Thalassemia is a genetic blood disorder, one of which is thalassemia major, which has severe anemia, which is very dependent on transfusions to prolong life and the external impact, if people with thalassemia continue to increase, it will be very difficult to carry out the systems and functions in their environment and this internal impact is due to the treatment that must be taken. throughout his life to maintain the quality of life such as a support system from family, friends and loved ones in the form of emotional support, instrumental, information, appreciation.

The purpose of this study was to determine the relationship of social support with the quality of life of thalassemia major adolescents in Majalaya Hospital.

This type of research uses descriptive correlation, with a population of 33 thalassemia major adolescents, a sample of 33 thalassemia major adolescents. Sampling was done by method total sampling. Collecting data using the social support questionnaire MSPSS and the SF-36 quality of life. The analysis used univariate is displayed in the form of a frequency distribution table and bivariate analysis the test Spearman rank.

The results showed that 11 (73.3%) adolescents had a poor quality of life with low social support, 4 (26.7%) adolescents had a good quality of life and 3 (16.7%) adolescents had high quality of life. poor, high social support 15 (83.3%) good quality of life, then H_{0is} accepted so that there is a relationship between social support and the quality of life of thalassemia major adolescents in Majalaya Hospital. Based on the research results, it is necessary to provide education that can increase social support with quality of life.

Keywords	: Social Support, Quality of Life, Adolescents, Thalassemia
Bibliography	: 13 Books (2013-2019)
	3 Websites (2013-2019)
	29 Journals (2008-2020)