

**HUBUNGAN ANTARA BERPIKIR POSITIF DAN HEALTH-RELATED  
QUALITY OF LIFE PADA ODHA**

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**ABSTRAK**

*The present study was conducted to determine the health-related quality of life and positive thinking in people living with hiv and aids in Yogyakarta. This quantitative study was conducted using purposive sampling method on 42 patients. The method of data collection was summarized questionnaire of SF 36 and Positive Thinking Scale questionnaire during period of January to Februari 2016. Statistical analysis was done using SPSS version 21. The majority of them were males (71,4%), with secondary single (52,4%) and have been diagnosed and using ART as long as 1-5 years (69%). The result shows that positive thinking was significantly correlated but not primary factor in health related quality of life. Further exploration is needed to find another factors that can help increase health-related quality of life in people living with hiv and aids.*

*Keywords : Health related quality of life, positive thinking, people living with hiv/aids*

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### **INTI SARI**

Penelitian ini bertujuan untuk membuktikan secara empiris hubungan antara *health-related quality of life* dan berpikir positif pada ODHA. Penelitian ini dilakukan di yayasan Victory Plus dengan subjek 42 ODHA berusia 20-60 tahun. Pengumpulan data menggunakan skala *Medical Outcomes Study Questionnaire Short Form 36 Health Survey* (SF 36) yang dikembangkan oleh Ware (Arnold, dkk, 2011) ( $\alpha = 0,87$ ,  $N=34$ ) dan berpikir positif menggunakan *Positive Thinking Scale* yang dikembangkan oleh Diener (Diener, 2009) ( $\alpha = 0,81$ ,  $N=555$ ). Hasil analisis menggunakan korelasi *product moment* dari *Spearman* menunjukkan nilai  $r = 0,822$  dengan nilai  $p=0,000$  ( $p < 0,01$ ), hal ini menunjukkan ada hubungan positif antara *health-related quality of life* dan berpikir positif, sehingga hipotesis diterima. Kontribusi berpikir positif terhadap *health-related quality of life* adalah sebesar 69,9%.

*Kata kunci: Health-related quality of life, berpikir positif, ODHA*