

# Determinan kualitas hidup penduduk usia produktif di Indonesia : studi kohort data IFLS 2007-2014 = Determinants of quality of life in working-age population in Indonesia : 2007-2014 IFLS data cohort study

Faiza Yuniati, author

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## Abstrak

Latar Belakang: Perubahan dinamis di berbagai aspek merupakan salah satu pertimbangan perlunya penilaian kualitas hidup penduduk usia produktif yang merupakan sumber daya manusia utama. Tujuan penelitian ini adalah mengkonstruksi instrumen penilaian kualitas hidup berdasarkan 7 domain yaitu kesejahteraan, kesehatan umum, fisik, mental, lingkungan sosial, partisipasi di masyarakat dan keagamaan; serta mengetahui determinan yang berpengaruh terhadap perubahan kualitas hidup.

Metode: Penelitian ini merupakan studi kohort menggunakan data IFLS 2007-2014. Populasi target adalah individu usia 15-57 tahun (*baseline*) dengan jumlah sampel sebanyak 8920 orang yang memenuhi kriteria aktivitas utama bukan sekolah dan diikuti sampai tahu 2014. *Confirmatory Factor Analysis* digunakan untuk menguji validitas dan reliabilitas konstruk instrumen kualitas hidup.

Determinan perubahan kualitas hidup di analisis dengan regresi linier.

Hasil: Terjadi penurunan kualitas hidup penduduk usia produktif dalam kurun waktu 7 tahun *follow up*. Penurunan rata-rata skor kualitas hidup tersebut sebesar 2,87 poin. Diketahui terdapat 4 domain kualitas hidup yang mengalami penurunan skor yaitu domain kesehatan umum, fisik, mental dan lingkungan sosial. Morbiditas akut dan indeks massa tubuh yang tinggi merupakan faktor dominan yang mempengaruhi penurunan kualitas hidup.

Kesimpulan: Perlu dilakukan survei nasional penilaian multidimensional kualitas hidup penduduk usia produktif di Indonesia. Upaya preventif, promotif, menjaga berat badan dalam ambang normal dengan berperilaku hidup sehat dan gizi seimbang dapat mencegah morbiditas dan berat badan lebih.

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Background: Dynamic changes in quality of life are important aspects to be investigated particularly in the working-age population as the main human resources. This study aimed to construct quality of life instruments to measure the seven domains of health-related quality of life as known as determinants of change in quality of life, comprising welfare, general health, physical and mental well-being, social environment, participation in society and religion.

Method: A cohort study was conducted using a set of public data of the Indonesian Family Life Survey (IFLS) between 2007 to 2014. A total of 8920 people aged 15 to 57 years old was traced at the baseline of out-of-school activities and were followed until 2014. Confirmatory Factor Analysis was employed to test the construct validity and reliability of the quality of life instruments. Changes in quality of life were analyzed as determinants in a linear regression model.

Result: The results proved that there was a decrease in the quality of life among the working-age population during a seven-year follow-up period. This scored 2.87 points on average. There were four domains of quality of life that showed decreased scores, comprising general health, physical, mental, and social environment. The risk of falls on the quality of life was mostly affected by the following factors: acute

morbidity and high body mass index.

Conclusion: This indicated that medical check-ups, managing a normal body mass index, and a healthy lifestyle can help reduce the risk of morbidity and weight-gain. A multidimensional quality of life needs to further be researched.