

ABSTRAK

Nama : Risnan Tresni Siagian
Program Studi : Farmasi
Judul : Analisis Efek Samping Penggunaan Obat dan Kualitas Hidup Pasien Anxiety

Gangguan kecemasan merupakan masalah kesehatan mental yang berdampak pada kualitas hidup. Penelitian ini bertujuan menganalisis karakteristik, penggunaan obat, efek samping, serta hubungannya dengan kualitas hidup pasien *anxiety* di Klinik Utama Amriev Alviat Healing. Metode kuantitatif deskriptif korelasional *cross-sectional* digunakan dengan populasi 250 pasien dan sampel 100 responden. Hasil menunjukkan pasien didominasi usia produktif 36–40 tahun, obat utama kombinasi Sertraline-Alprazolam, serta efek samping mengantuk, mual, insomnia, dan diare. Kualitas hidup generik tidak berhubungan signifikan, namun kualitas hidup spesifik berhubungan positif signifikan meski lemah.

Kata kunci : *Anxiety*, *cross-sectional*, efek samping obat, kualitas hidup

ABSTRACT

Name : Risnan Tresni Siagian
Study Program : Pharmacy
Title : *Analysis of Side Effects of Medication Use and Quality of Life
in Anxiety Patients at Amriev Alviat Healing Primary Clinic*

Anxiety disorders are mental health problems that significantly affect quality of life. This study aimed to analyze the characteristics, drug use, side effects, and their relationship with quality of life among anxiety patients at Amriev Alviat Healing Clinic. A quantitative descriptive correlational cross-sectional design was applied with a population of 250 patients and 100 respondents as samples. Results showed patients were mostly aged 36–40 years, with Sertraline–Alprazolam as the main therapy, and common side effects included drowsiness, nausea, insomnia, and diarrhea. Generic quality of life showed no significant association, while specific quality of life demonstrated a weak but significant positive relationship.

Keywords : *Anxiety, cross-sectional, drug side effects, quality of life*