



LEMBAR PENGESAHAN

Judul : Hubungan Tingkat Pengendalian Asma dengan Kualitas Hidup Penderita Asma

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The Correlations between Asthma Control Level and the Life Quality of Asthma Patients

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ABSTRACT

The Backgrounds: The level of asthma control is a level of observation of asthma manifestations in asthmatics or the reduction or disappearance of asthma through medication. The level of asthma control was divided into fully controlled, partially controlled, and uncontrolled. This classification makes it easier to determine the severity and severity of asthma and to determine the response to therapy. Asthma harms the quality of life of the patients. There were some negative impacts such as disruption of daily activities, inability to attend school lessons, not being strong enough to carry out sports activities, and loss of working days for asthmatics who work in the office. Asthma control is related to the quality of life. The worse the asthma control lower the quality of life.

The Purposes: This literature review aimed to determine the correlation between the level of asthma control and the quality of life of asthma patients.

Method: This literature review used articles from PubMed, Garuda, and Google Scholar. The keywords used were "Asthma AND Asthma control level", "Quality of life", "*Tingkat kontrol asma*", and "*kualitas hidup*" with limits last 5 years.

The Results: The results showed that there was a correlation between the level of asthma control and the quality of life of asthmatics

The Conclusions: The level of asthma control is one of the factors that affect the quality of life of asthma patients.

Keywords: *Asthma, Asthma Control Level, Quality of Life*