

# PERBANDINGAN KUALITAS HIDUP, TINGKAT KECEMASAN, DAN KEMAMPUAN *ACTIVITY DAILY LIVING* PADA PASIEN DEWASA DAN LANSIA DENGAN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISA

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## Abstrak

Penyakit gagal ginjal kronik adalah gangguan fungsi ginjal dimana tidak mampu mengeluarkan limbah dalam tubuh ditandai laju filtrasi glomerulusnya  $< 15 \text{ mL/min/1.73 m}^2$  dalam 3 bulan. Penyakit ini umumnya diderita pasien berusia lansia, namun kemungkinan pasien dewasa dapat terkena penyakit ini. Penyakit tersebut memengaruhi kualitas hidup, tingkat kecemasan, serta aktivitas harian menjadi terhambat. Tujuannya untuk melihat perbedaan tingkat kualitas hidup, tingkat kecemasan, dan kemampuan *activity daily living* pasien dewasa dan lansia dengan gagal ginjal kronik yang menjalani hemodialisa. Instrumen menggunakan lembar kuesioner, yaitu *World Health Organization Quality of Life-Bref*, *Zung Self-rating Anxiety Scale* dan *Barthel Indeks*. Teknik pengambilan sampel menggunakan *Non Probability Sampling* berjumlah 86 responden. Pada penelitian digunakan pendekatan *Cross Sectional* dengan analisa uji *T-Independent*. Hasilnya terdapat perbedaan kualitas hidup pasien dewasa dan lansia penderita gagal ginjal kronik dengan hemodialisa yaitu domain kesehatan fisik *P-Value* 0.017, domain psikologis *P-Value* 0.030 serta domain dukungan sosial *P-Value* 0.025. Sehingga total keseluruhan domain kualitas hidup pasien berusia dewasa lebih tinggi dibandingkan lansia. Hasil tingkat kecemasan pasien dewasa serta lansia yaitu *P-Value* 0.019 artinya pasien lansia tingkat keemasannya lebih rendah daripada dewasa. Adapun *activity daily living* hasilnya *P-Value* 0.011, berarti lansia cenderung memiliki *activity daily living* yang rendah dibandingkan dewasa.

**Kata Kunci:** Kualitas Hidup, Tingkat Kecemasan, ADL, Gagal Ginjal Kronik, Hemodialisa.

# **COMPARISON OF QUALITY OF LIFE, ANXIETY LEVEL, AND DAILY LIVING ACTIVITY ABILITY IN ADULT AND ELDERLY PATIENTS WITH CHRONIC KIDNEY FAILURE THAT WAS ON HEMODIALIZATION**

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## **Abstract**

Chronic kidney failure is disorder kidney function where body is unable to excrete waste, marked by glomerular filtration rate  $< 15 \text{ mL/min/1.73 m}^2$  in 3 months. This disease generally affects elderly patients, but it's possible adult patients can get this disease. Disease affects quality of life, anxiety, and daily activities become hampered. Aim is see differences quality of life, anxiety, and ability to activity daily living in adult and elderly patients with chronic kidney failure undergoing hemodialysis. Instrument used questionnaire, namely World Health Organization Quality of Life-Bref, Zung Self-rating Anxiety Scale and Barthel Index. Sampling technique using Non Probability Sampling amounted to 86 respondents. This study, Cross Sectional approach was used with T-Independent test analysis. Result is there are differences quality of life adult and elderly patients with chronic kidney failure with hemodialysis, namely physical health domain P-Value 0.017, psychological domain P-Value 0.030 and social support domain P-Value 0.025. Total overall quality of life domain adult patients is higher than elderly. Results anxiety adult and elderly patients are P-Value 0.019, meaning elderly patients have lower anxiety than adults. As for daily living activity, result is P-Value of 0.011, meaning elderly tend to have lower daily living activities compared to adults.

**Keywords:** Quality of Life, Anxiety Levels, ADL, Chronic Kidney Failure, Hemodialysis.