

HUBUNGAN *SELF-EFFICACY* DAN PERILAKU *CARING* PERAWAT TERHADAP KEPATUHAN PEMBATASAN CAIRAN PADA PASIEN YANG MENJALANI HEMODIALISA

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Abstrak

Pasien hemodialisa dengan gagal ginjal kronik akan bergantung pada terapi hemodialisa sebagai pengganti kerja ginjal. Pembatasan cairan merupakan hal paling sulit yang dilakukan pasien hemodialisa dan akan berisiko mengalami komplikasi atau bahkan kematian jika tidak dipatuhi. Salah satu faktor yang mempengaruhi kepatuhan pembatasan cairan yaitu *self-efficacy* dan perilaku *caring* perawat. Tujuan penelitian ini untuk menganalisis hubungan *self-efficacy* dan perilaku *caring* perawat terhadap kepatuhan pembatasan cairan pada pasien yang menjalani hemodialisa. Desain penelitian menggunakan *cross sectional* dengan uji korelasi *Spearman*. Instrumen penelitian menggunakan *Chronic Kidney Disease Self Efficacy*, *Caring Professional Scale* dan *Fluid Control in Hemodialysis Patients Scale*. Pengambilan sampel menggunakan *Purposive Sampling* sebanyak 117 pasien di ruang hemodialisa RS Hermina Jatinegara menggunakan *Purposive Sampling*. Hasil penelitian menunjukkan adanya hubungan *Self-efficacy* dengan Kepatuhan Pembatasan Cairan di Ruang Hemodialisa RS Hermina Jatinegara ($p\text{ value} = 0,042$; $r = 0,188$) dan tidak ada hubungan antara Perilaku *Caring* Perawat dengan Kepatuhan Pembatasan Cairan di Ruang Hemodialisa RS Hermina Jatinegara ($p\text{ value} = 0,085$). Peneliti berharap pasien mengerti pentingnya mempertahankan *self-efficacy* yang baik dengan yakin akan kemampuannya dalam melakukan perawatan hemodialisa dan mematuhi pembatasan asupan cairan.

Kata Kunci: *Self-efficacy*, Perilaku *Caring* Perawat, Kepatuhan Pembatasan Cairan, Hemodialisa, Gagal Ginjal Kronik

THE RELATIONSHIP BETWEEN SELF-EFFICACY AND CARING BEHAVIOR OF NURSES ON FLUID RESTRICTION COMPLIANCE IN PATIENTS UNDERGOING HEMODIALYSIS

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Abstract

Hemodialysis patients with chronic renal failure will depend on hemodialysis therapy as a substitute for kidney work. Fluid restriction is the most difficult thing that hemodialysis patients do and will risk complications or even death if not complied with. One of the factors that influence fluid restriction compliance is self-efficacy and the caring behavior of nurses. The purpose of this study was to analyze the relationship between self-efficacy and the caring behavior of nurses to fluid restriction compliance in patients undergoing hemodialysis. The research design used cross-sectional with the Spearman correlation test. The research instrument used Chronic Kidney Disease Self Efficacy, Caring Professional Scale, and Fluid Control in Hemodialysis Patients Scale. Sampling using Purposive Sampling of as many as 117 patients in the hemodialysis room of Hermina Hospital Jatinegara using Purposive Sampling. The results showed a relationship between Self-efficacy and Fluid Restriction Compliance in the Hemodialysis Room of Hermina Hospital Jatinegara (p -value = 0.042; $r = 0.188$) and there was no relationship between Nurse Caring Behavior and Fluid Restriction Compliance in the Hemodialysis Room of Hermina Hospital Jatinegara (p -value = 0.085). Researchers hope that patients understand the importance of maintaining good self-efficacy by believing in their ability to perform hemodialysis treatment and comply with fluid intake restrictions.

Keywords: Self-efficacy, Caring Behavior of Nurses, Fluid Restriction Compliance, Hemodialysis, Chronic Kidney Failure