

HUBUNGAN LAMA HEMODIALISIS DAN *SELF CARE MANAGEMENT* DENGAN KUALITAS PADA PASIEN GAGAL GINJAL DI RUANG HEMODIALISA RSUP FATMAWATI

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Abstrak

Gagal ginjal kronis merupakan kondisi kesehatan yang memerlukan terapi hemodialisis jangka panjang sebagai pengganti fungsi ginjal. Lama menjalani hemodialisis dan kemampuan *self care management* menjadi faktor penting yang memengaruhi kualitas hidup pasien. Pasien yang menjalani hemodialisis dalam waktu yang lama perlu memiliki kemampuan *self care management* yang baik untuk beradaptasi dengan perubahan gaya hidup dan kompleksitas perawatan yang dibutuhkan. Penelitian ini bertujuan untuk menganalisis hubungan antara lama hemodialisis dan *self care management* dengan kualitas hidup pasien gagal ginjal kronis yang menjalani hemodialisis. Penelitian ini menggunakan metode pendekatan *cross-sectional* dengan melibatkan 144 pasien gagal ginjal kronis di RSUP Fatmawati Jakarta. Sampel ditentukan melalui teknik *non-probability sampling* berupa *purposive sampling*. Instrumen penelitian terdiri dari KDQOL-36 untuk mengukur kualitas hidup dan *Hemodialysis Self Care Management Instrument* (HDSMI) untuk mengukur *self care management*. Hasil penelitian menunjukkan hubungan signifikan antara lama hemodialisis dengan kualitas hidup ($p\text{-value}=0,000$; $p\text{-value} < 0,05$) dan antara *self care management* dengan kualitas hidup ($p\text{-value}=0,000$; $p\text{-value} < 0,05$). Selain itu, terdapat hubungan signifikan antara usia, jenis kelamin, dan tingkat pendidikan dengan kualitas hidup pasien, masing-masing dengan $p\text{-value}=0,002$, $p\text{-value}=0,047$, dan $p\text{-value}=0,003$ ($p\text{-value} < 0,05$). Namun, status pekerjaan dan komorbiditas tidak menunjukkan hubungan signifikan dengan kualitas hidup, dengan $p\text{-value}=0,076$ dan $p\text{-value}=0,428$ ($p\text{-value} > 0,05$). Penelitian ini diharapkan dapat menjadi dasar untuk meningkatkan edukasi dan program pendampingan guna memperkuat kemampuan *self care management* pasien, sehingga dapat mendukung kualitas hidup yang lebih baik.

Kata Kunci: Gagal Ginjal Kronik, Hemodialisis, Kualitas Hidup, Lama Hemodialisis, *Self Care Management*

**THE RELATIONSHIP BETWEEN DURATION OF
HEMODIALYSIS AND SELF-CARE MANAGEMENT WITH
QUALITY OF LIFE IN CHRONIC KIDNEY DISEASE
PATIENTS AT HEMODIALYSIS UNIT OF RSUP FATMAWATI**

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Abstract

Chronic kidney disease is a medical condition that necessitates long-term hemodialysis therapy as a replacement for kidney function. The duration of hemodialysis and self care management abilities are critical factors influencing the quality of life in patients. Patients undergoing prolonged hemodialysis require well-developed self care management skills to adapt to lifestyle changes and the complexities of the required treatments. This study aims to analyze the relationship between the duration of hemodialysis and self care management with the quality of life among chronic kidney disease patients undergoing hemodialysis. This research utilized a cross-sectional approach involving 144 chronic kidney disease patients at RSUP Fatmawati Jakarta. Sampling was conducted using a non-probability purposive sampling technique. The instruments employed in this study included the KDQOL-36 to assess quality of life and the Hemodialysis Self-Care Management Instrument (HDSMI) to evaluate self care management. The results demonstrated a significant relationship between the duration of hemodialysis and quality of life ($p\text{-value} = 0.000$; $p\text{-value} < 0.05$) as well as between self care management and quality of life ($p\text{-value} = 0.000$; $p\text{-value} < 0.05$). Additionally, there were significant associations between age, gender, and education level with the quality of life, with $p\text{-values}$ of 0.002, 0.047, and 0.003, respectively ($p\text{-value} < 0.05$). However, employment status and comorbidities were not significantly associated with quality of life, with $p\text{-values}$ of 0.076 and 0.428 ($p\text{-value} > 0.05$). The findings of this study are expected to contribute to the development of educational and support programs aimed at enhancing self care management skills to improve the quality of life among chronic kidney disease patients.

Keywords: *Chronic Kidney Disease, Hemodialysis, Quality of Life, Duration of Hemodialysis, Self Care Management*