

HUBUNGAN ANTARA LAMANYA PASIEN TELAH MENJALANI HEMODIALISIS DENGAN TINGKAT DEPRESI PADA PENDERITA GAGAL GINJAL KRONIK STADIUM AKHIR DI SALAH SATU RUMAH SAKIT TIPE A DI JAKARTA TAHUN 2018

Muhammad Irfan Prabowo

Abstrak

Menurut estimasi *World Health Organization*, penderita Gagal Ginjal Kronik (GGK) secara global melebihi 500 juta orang dan sekitar 50 juta orang harus menjalani hemodialisis. Pasien GGK stadium akhir yang menjalani hemodialisis banyak menghadapi permasalahan, meliputi permasalahan psikologis dan fisik. Permasalahan psikologis yang sering dihadapi adalah depresi. Penelitian ini bertujuan untuk mengidentifikasi hubungan lamanya menjalani hemodialisis dengan tingkat depresi pada pasien GGK stadium akhir. Desain penelitian *cross sectional* dengan teknik *simple random sampling*. Data dikumpulkan dengan melakukan wawancara dan melihat rekam medis pasien. Responden berjumlah 68 pasien. Populasi penelitian adalah pasien GGK stadium akhir yang menjalani hemodialisis. Hasil penelitian menunjukkan jumlah pasien laki-laki sebesar 67,6%, dengan kelompok usia 46-55 tahun adalah sebesar 48,5%, tingkat pendidikan pasien GGK stadium akhir yang menjalani hemodialisis didominasi jenjang pendidikan SMA yaitu sebesar 45,6%. Proporsi lamanya hemodialisis < 6 bulan sebesar 45,6% dari total sampel. Sedangkan 54,4% telah menjalani hemodialisis > 6 bulan. Responden yang tidak mengalami depresi yaitu sebesar 54,4%, depresi ringan sebesar 26,5%, depresi sedang sebesar 14,7%, depresi berat sebesar 4,4% dari total sampel. Hasil analisis bivariat dengan uji *Chi-Square* menunjukkan bahwa terdapat hubungan antara lamanya menjalani hemodialisis dengan tingkat depresi pada pasien GGK stadium akhir dengan nilai $p = 0,01$.

Kata Kunci : Gagal Ginjal Kronik Stadium Akhir, Lamanya Menjalani Hemodialisis, Adaptasi Tingkat Depresi.

THE ASSOCIATION BETWEEN DURATION OF HEMODIALYSIS AND DEPRESSION LEVELS IN PATIENTS WITH END STAGE RENAL DISEASE

Muhammad Irfan Prabowo

Abstract

According to World Health Organization estimates, people with end stage renal disease globally exceed 500 million people and about 50 million people should undergo hemodialysis. Patients with end stage renal disease who undergo hemodialysis often face problems, including psychological and physical problems. Psychological problems are often faced by depression. This study aims to identify the effect of duration of hemodialysis on depression levels in patients with end stage renal disease. Cross sectional study design with simple random sampling technique. Data were collected by conducting interviews and viewing patient medical records. Respondents were 68 patients. The study population was end stage renal disease patients undergoing hemodialysis. The results showed that the number of male patients was 67,6%, with the age group 46-55 years was 48,5%, the education level of end stage renal disease patients undergoing hemodialysis was dominated high school education level of 45,6%. The proportion of duration of hemodialysis <6 months was 45,6% of the total sample, 54,4% had hemodialysis > 6 months. Respondents who were not depressed were 54,4%, mild depression by 26,5%, moderate depression by 14,7%, severe depression by 4,4% of the total sample. The result of bivariate analysis with Chi-Square test showed that there was correlation between duration of hemodialysis and depression levels in patients with end stage renal disease with p value = 0.01.

Keywords: End Stage Renal Disease, Duration of Hemodialysis, Depression Levels.