

**PERBANDINGAN TINGKAT KELELAHAN DAN KEMAMPUAN
ACTIVITY DAILY LIVING PRE HEMODIALISA DENGAN
POST HEMODIALISA PADA PASIEN GAGAL GINJAL
KRONIK DI INDONESIA KIDNEY CARE CLUB**

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Abstrak

Penderita gagal ginjal kronik yang sudah mencapai stadium lima harus menjalani terapi hemodialisa. Terapi hemodialisa dalam jangka panjang akan membuat pasien merasakan berbagai efek samping seperti kelelahan dan gangguan aktivitas sehari-hari. Penelitian ini bertujuan untuk mengetahui perbedaan tingkat kelelahan dan kemampuan *Activity Daily Living* pada pasien gagal ginjal kronik pre hemodialisa dengan post hemodialisa di Indonesia Kidney Care Club. Penelitian ini adalah penelitian deskriptif komparatif dengan pendekatan Cross Sectional. Teknik pengambilan sampel penelitian ini dengan cara purposive sampling. Jumlah sampel pada penelitian ini sebanyak 67 responden. Hasil penelitian berdasarkan *Wilcoxon Sign Test* tingkat kelelahan pre dengan post hemodialisa (p value = $0,000 < 0,05$) dan kemampuan ADL pre dengan post hemodialisa (p value = $0,024 < 0,05$). Disimpulkan bahwa ada perbedaan tingkat kelelahan dan kemampuan *Activiy Daily Living* pre hemodialisa dengan post hemodialisa pada pasien gagal ginjal kronik di Indonesia Kidney Care Club. Maka dari hasil penelitian ini diharapkan responden fokus pada kondisi tubuh mereka sehingga mereka dapat mengendalikan rasa lelah dan mencari bantuan dalam menyelesaikan kegiatan sehari-hari dan komunitas ginjal di Indonesia dapat mengembangkan kembali informasi-informasi terkait efek samping terapi hemodialisa seperti kelelahan dan terganggunya aktifitas sehari-hari

Kata Kunci : Gagal Ginjal Kronik, Hemodialisa, Kelelahan, *Activity Daily Living*

COMPARISON OF FATIGUE LEVELS AND ABILITY OF ACTIVITY DAILY LIVING PRE HEMODIALYSIS WITH POST HEMODIALYSIS IN CHRONIC KIDNEY FAILURE PATIENTS IN INDONESIA KIDNEY CARE CLUB

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Abstract

Patients with chronic kidney failure who have reached stage five must undergo hemodialysis therapy. Hemodialysis therapy in the long run will cause patients to feel various side effects, such as fatigue and disruption of their daily activities. This study aims to determine the difference of the level of fatigue and the ability of ADL between patients with pre hemodialysis chronic renal failure and post hemodialysis chronic renal failure in IKCC. This research is a comparative descriptive study with a cross-sectional approach. The sampling technique of this research was purposive sampling. The number of samples were 67 respondents. The results of the study are based on the Wilcoxon Sign test, the level of pre fatigue with post hemodialysis (p value = $0,000 < 0,05$), and the ability of ADL pre with post hemodialysis (p value = $0,024 < 0,05$). It was concluded that there was a difference of the level of fatigue and the ability of ADL pre hemodialysis with post hemodialysis in patients with chronic kidney failure in the IKCC. Then from the results of this study, it is expected that respondents focus on the condition of their bodies so that they can control fatigue and seek help in completing daily activities and the kidney community in Indonesia can develop information related to the side effects of hemodialysis therapy such as fatigue and disruption of daily activities.

Keywords : Chronic Kidney Failure, Hemodialysis, Fatigue, *Activity Daily Living*