

HUBUNGAN *SELF COMPASSION* DENGAN KUALITAS HIDUP PASIEN GAGAL GINJAL KRONIK PADA MASA PANDEMI *COVID-19* DI RSUD KOTA CILEGON

Ega Rakha Alvita Deli

ABSTRAK

Penyakit gagal ginjal kronik (GGK) merupakan penyakit kronik yang menyertai seumur hidup dan membutuhkan waktu perawatan terapi jangka panjang melalui hemodialisa kecuali dilakukan transplantasi ginjal, sehingga menyebabkan penurunan kualitas hidup pada penderitanya. Tujuannya untuk Mengetahui hubungan karakteristik individu, dan *self compassion* dengan kualitas hidup penderita gagal ginjal kronis di RSUD Kota Cilegon tahun 2022 pada masa pandemi *covid-19*. Penelitian ini menggunakan desain studi *cross sectional* dengan jumlah responden sebanyak 35 penderita gagal ginjal kronis yang menjalani terapi hemodialisa dipilih menggunakan *total sampling* yang dilakukan pada April – Mei 2022. Kuesioner yang diaplikasikan ialah *Self Compassion Scale* dan WHOQOL-BREEF. Analisis data menggunakan uji *chi-square*. Penderita gagal ginjal kronik yang memiliki kualitas hidup baik sebesar 60,0%. Terdapat hubungan signifikan jenis kelamin *Pvalue* : 0,015, tingkat pendidikan *Pvalue* : 0,041, lama menjalani hemodialisa *Pvalue* : 0,000, dan *self compassion* *Pvalue* : 0,000 dengan kualitas hidup penderita gagal ginjal kronik. Sedangkan, usia tidak terdapat hubungan signifikan dengan kualitas hidup penderita ginjal kronik. Jenis kelamin, tingkat pendidikan, lama menjalani hemodialisa dan *self compassion* berhubungan dengan kualitas hidup penderita gagal ginjal kronik.

Kata Kunci : *Self Compassion*, Kualitas Hidup, Gagal Ginjal Kronik, *Covid-19*

CORRELATION BETWEEN *SELF COMPASSION* AND QUALITY OF LIFE IN PATIENTS WITH CHRONIC KIDNEY DISEASE DURING *COVID-19* PANDEMIC AT THE CILEGON HOSPITAL

Ega Rakha Alvita Deli

ABSTRACT

Chronic kidney disease (CKD) is a chronic disease that accompanies a lifetime and requires long-term treatment through hemodialysis unless a kidney transplant is performed, causing a decrease in the quality of life of the sufferer. To determine the relationship between individual characteristics, and self compassion with the quality of life of CKD patients especially during *Covid-19* pandemic at the Cilegon Hospital in 2022. This study used a cross-sectional study design with 35 patients with chronic kidney disease undergoing hemodialysis selected using total sampling conducted from April to Mei. 2022. Data analysis using chi-square test. Chronic kidney disease undergoing hemodialysis patients who had a good quality of life was 60,0%. There is a significant relationship between gender *Pvalue* : 0,015, education *Pvalue* : 0,041, length of hemodialysis *Pvalue* : 0,000, and self compassion *Pvalue* : 0,000 with quality of life of chronic kidney disease undergoing hemodialysis patients. Meanwhile, gender status did not have a significant relationship with the quality of life of people with chronic kidney disease undergoing hemodialysis. Gender, education, length of hemodialysis and self are related to the quality of life of chronic kidney disease undergoing hemodialysis patients.

Keyword: Self-Compassion, Quality of Life, Chronic Kidney Disease, Covid-19