

ABSTRAK

Hubungan Lama Menjalani Hemodialisis Dengan Kualitas Hidup Pasien Ginjal Kronis di Ruang Hemodialisa Rumah Sakit Umum Negara

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Latar Belakang: Penanganan gagal ginjal kronis dengan terapi hemodialisis. Lama menjalani hemodialisis dapat berhubungan dengan kualitas hidup karena dipengaruhi kemampuan adaptasi fisik, psikologis, dukungan sosial dan lingkungan. Tujuan penelitian ini untuk mengetahui hubungan lama menjalani hemodialisis dengan kualitas hidup pasien gagal ginjal kronis. Jenis penelitian ini adalah penelitian kuantitatif. **Metode:** Penelitian ini dilakukan di Ruang Hemodialisa RSUD Negara dengan jumlah sampel 89 responden dipilih dengan teknik *non probability sampling* metode *sampling purposive*. Instrumen yang digunakan adalah kuesioner WHOQOL. **Hasil:** Hasil Penelitian menunjukkan kualitas hidup pasien gagal ginjal kronis yang menjalani hemodialisis selama >24 bulan sebanyak 46 orang (51,7%) sebagian besar responden memiliki kualitas hidup baik sebanyak 31 orang (49,2%), responden yang menjalani hemodialisis 12-24 bulan sebanyak 23 orang (25,8%) sebagian besar memiliki kualitas hidup baik sebanyak 19 orang (30,2%), responden yang menjalani hemodialisis <12 bulan sebanyak 20 orang (22,5%) sebagian besar memiliki kualitas hidup sedang. Hasil analisis bivariat menggunakan uji *spearman rank* didapatkan hasil nilai *p-value* $0.000 < 0.05$ dan koefisien korelasi sebesar 0,485 yang berarti semakin lama pasien menjalani hemodialisis semakin baik kualitas hidupnya. **Diskusi:** Memberikan motivasi kepada pasien yang menjalani hemodialisis dapat meningkatkan kepatuhan pasien sehingga kualitas hidupnya menjadi lebih baik.

Kata Kunci : kualitas hidup, gagal ginjal kronis, hemodialisis, lama menjalani hemodialisis

ABSTRACT

The Relationship Between Duration of Hemodialysis and Quality of Life in Patients with Chronic Kidney Disease at the Hemodialysis Unit of Negara General Hospital

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Introduction: The management of chronic kidney failure through hemodialysis therapy. The duration of hemodialysis can be related to the quality of life, as it is influenced by physical and psychological adaptation, social support, and the environment. The aim of this study is to determine the relationship between the duration of hemodialysis and the quality of life of patients with chronic kidney failure. **Methods:** This type of research is quantitative. The study was conducted in the Hemodialysis Room of RSU Negara, with a sample size of 89 respondents selected using non-probability sampling with a purposive sampling method. The instrument used was the WHOQOL questionnaire. **Results:** The results of the study show that among patients with chronic kidney failure undergoing hemodialysis for more than 24 months, 46 individuals (51.7%) had a good quality of life, with 31 individuals (49.2%) rated as having a good quality of life. Among respondents undergoing hemodialysis for 12-24 months, 23 individuals (25.8%) mostly had a good quality of life, with 19 individuals (30.2%) rated as having a good quality of life. Among respondents undergoing hemodialysis for less than 12 months, 20 individuals (22.5%) mostly had a moderate quality of life. **Discussion:** Bivariate analysis using the Spearman rank test yielded a p-value of $0.000 < 0.05$ and a correlation coefficient of 0.485, indicating that the longer patients undergo hemodialysis, the better their quality of life. Providing motivation to patients undergoing hemodialysis can enhance patient compliance, thereby improving their quality of life.

Keywords: quality of life, chronic kidney failure, hemodialysis, duration of hemodialysis