

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
PROGRAM STUDI ILMU KEPERAWATAN**

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**HUBUNGAN *BODY MASS INDEX* DENGAN *RESTLESS LEGS SYNDROME*
PADA PASIEN *CHRONIC KIDNEY DISEASE* STADIUM V YANG MENJALANI
HEMODIALISIS REGULER DI RSD GUNUNG JATI KOTA CIREBON.**

xiii + 69 halaman + 8 tabel + 2 bagan + 20 lampiran

ABSTRAK

Angka kejadian CKD stadium v secara global tahun 2014 sebanyak 3,37 juta jiwa dan akan diperkirakan mengalami peningkatan hingga tahun 2030, provinsi Jawa Barat sebanyak 3.038 jiwa. Pasien CKD stadium v membutuhkan terapi hemodialisa, tetapi dapat menimbulkan komplikasi salah satunya yaitu RLS. Tujuan penelitian untuk mengetahui hubungan *body mass index* dengan *chronic kidney disease* stadium v yang menjalani hemodialisis reguler di RSD Gunung Jati Kota Cirebon.

Jenis penelitian kuantitatif dengan desain *deskriptif korelasional* pendekatan *cross sectional*. Populasi adalah seluruh pasien penderita CKD stadium v di RSD Gunung Jati Kota Cirebon sebanyak 120 dengan menggunakan metode *purposive sampling* sebanyak 92 responden . Pengumpulan data menggunakan lembar observasi dan kuesioner RLS. Analisa bivariat menggunakan uji *spearman rank*.

Hasil penelitian menunjukkan hampir setengahnya (38,0%) responden dengan BMI kategori *overweight* dan hampir setengahnya (44,6%) responden mengalami RLS dengan kategori sedang. Hasil uji statistik didapatkan hubungan *body mass index* dengan *restless legs syndrome* pada pasien *chronic kidney disease* stadium v yang menjalani hemodialisis reguler di RSD Gunung Jati Kota Cirebon *p value* = 0,000 ($p < 0,01$) dengan arah positif, semakin BMI *overweight* maka semakin berat RLS.

Perawat memberikan edukasi dan memberikan pelayananan status gizi secara kontinue mengenai *body mass index* pada pasien penderita CKD stadium v.

Kata Kunci : *Body Mass Index, Restless Legs Syndrome, Chronic Kidney Disease, Chronic Kidney Disease Stadium V, Hemodialisa.*

Daftar Pustaka : 81 (2014-2024)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
STUDY PROGRAM OF NURSING**

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CORRELATIONS BETWEEN BODY MASS INDEX WITH RESTLESS LEGS SYNDROME IN CHRONIC KIDNEY DISEASE STAGE V PATIENTS UNDERGOING REGULAR HEMODIALYSIS IN GUNUNG JATI HOSPITAL, CIREBON CITY

xiii + 69 pages + 8 tables + 2 charts + 20 appendices

ABSTRACT

The incidence of CKD level v globally in 2014 was 3.37 million people and will be expected to increase until 2030, West Java province was 3,038 people. CKD stage v patients need hemodialysis therapy, but can cause complications, one of which is RLS. The purpose of the study was to determine the relationship between body mass index and chronic kidney disease stage v who underwent regular hemodialysis at Gunung Jati General Hospital, Cirebon City.

Type of quantitative research with descriptive correlational design cross sectional approach. The population was all patients with stage v CKD at Gunung Jati General Hospital, Cirebon City, totaling 120 using purposive sampling method as many as 92 respondents. Data collection using observation sheets and RLS questionnaires. Bivariate analysis using spearman rank test.

The results showed that almost half (38.0%) of respondents with BMI in the overweight category and almost half (44.6%) of respondents experienced moderate RLS. The statistical test results obtained the relationship between body mass index and restless legs syndrome in chronic kidney disease stage v patients undergoing regular hemodialysis at Gunung Jati General Hospital, Cirebon City p value = 0.000 ($p < 0.01$) with a positive direction, the more BMI overweight, the heavier the RLS.

Nurses provide education and provide continuous nutritional status services regarding body mass index in patients with CKD stage v.

Keywords : Body Mass Index, Restless Legs Syndrome, Chronic Kidney Disease, Chronic Kidney Disease Stage V, Hemodialysis

Referencies : 81 (2014-2024)