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HUBUNGAN LAMA MENJALANI HEMODIALISA DENGAN KUALITAS HIDUP PASIEN YANG MENJALANI HEMODIALISA DI UNIT HEMODIALISA RSUD CIDERES

ABSTRAK

Hemodialisis merupakan salah satu pilihan terapi pada pasien gagal ginjal kronik dalam mempertahankan metabolisme serta keseimbangan cairan dan elektrolit akibat destruksi struktur ginjal progresif dengan menifestasi penumpukan sisa metabolik di dalam darah. Terjadi kenaikan jumlah pasien hemodialisa di RSUD Cideres Kabupaten Majalengka tahun 2021 sebanyak 148 pasien menjadi 218 pasien pada tahun 2022. Tujuan penelitian untuk mengetahui hubungan lama menjalani hemodialisa dengan kualitas hidup pasien yang menjalani hemodialisa di Unit Hemodialisa RSUD Cideres.

Jenis penelitiannya yaitu penelitian korelasional dengan pendekatan *cross sectional*. Populasinya adalah seluruh pasien gagal ginjal kronik yang menjalani terapi hemodialisa di Ruang Hemodialisa RSUD Cideres sebanyak 38 pasien dan sampelnya sebanyak 38 orang (total sampling). Instrumennya menggunakan kuesioner dan analisis datanya menggunakan uji *chi square*.

Hasil penelitian menunjukkan sebagian besar pasien menjalani hemodialisis selama 12-24 bulan (52,6%) dan sebagian besar pasien kualitas hidupnya adalah sedang (47,4%). Ada hubungan lama menjalani hemodialisa dengan kualitas hidup pada pasien Gagal Ginjal Kronik yang terbukti p value = 0,002.

Disarankan petugas kesehatan perlu memberikan motivasi atau perawatan kepada pasien Gagal Ginjal Kronik selama menjalani hemodialisa sesuai dengan prosedur.

Kata Kunci : Hemodialisa, Kualitas Hidup, Gagal Ginjal Kronik

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**THE RELATIONSHIP BETWEEN THE LENGTH OF HEMODIALYSIS
WITH THE QUALITY OF LIFE OF PATIENTS UNDERGOING
HEMODIALYSIS IN THE HEMODIALYSIS UNIT OF RSUD CIDERES**

ABSTRACT

Hemodialysis is one of the therapeutic options in patients with chronic renal failure in maintaining metabolism and fluid and electrolyte balance due to progressive destruction of the kidney structure with the manifestation of accumulation of metabolic waste in the blood. There was an increase in the number of hemodialysis patients at RSUD Cideres Majalengka Regency in 2021, from 148 patients to 218 patients in 2022. This study aims to determine the relationship between the length of time undergoing hemodialysis and the quality of life of patients undergoing hemodialysis in the Hemodialysis Unit of RSUD Cideres.

The type of research is correlational research with a cross sectional approach. The population was all chronic renal failure patients undergoing hemodialysis therapy in the Hemodialysis Room of Cideres Hospital as many as 38 patients and the sample was 38 people (total sampling). The instrument used a questionnaire and analyzed the data using the chi square test.

The results showed that most patients underwent hemodialysis for 12-24 months (52.6%) and most patients had moderate quality of life (47.4%). There is a relationship between the length of undergoing hemodialysis with quality of life in patients with Chronic Renal Failure which is proven p value = 0.002.

It is recommended that health workers need to provide motivation or care to Chronic Renal Failure patients while undergoing hemodialysis in accordance with procedures.

Keywords: *Hemodialysis, Quality of Life, Chronic Renal Failure*