

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
FAKULTAS KESEHATAN**

PROGRAM STUDY ILMU KEPERAWATAN

Skripsi, Juli 2025

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**HUBUNGAN KELELAHAN DENGAN KUALITAS TIDUR PADA PASIEN
GAGAL GINJAL KRONIK YANG MENJALANI
HEMODIALISIS DI RS CIREMAI**

Xv + 96 + 9 tabel + 2 bagan + 14 lampiran

ABSTRAK

Kelelahan merupakan kondisi umum yang dialami pasien gagal ginjal kronik. Kelelahan dapat menurunkan tingkat aktivitas fisik, mengganggu kemampuan fungsional, dan menyebabkan kelemahan otot umum. Penelitian ini bertujuan untuk mengetahui hubungan kelelahan terhadap kualitas tidur pada pasien Gagal Ginjal Kronik yang menjalani hemodialisis di Rumah Sakit Ciremai Kota Cirebon. Jenis penelitian kuantitatif dengan pendekatan *cross sectional*. Populasi pasien hemodialisis berjumlah 17.308 orang dan Sampel berjumlah 99 orang. Sampel diambil dengan teknik *Non-Probability sampling* dengan instrumen kelelahan dan kualitas tidur berupa kuesioner *Pittsburgh Sleep Quality Index (PSQI)*. Analisis data menggunakan uji *spearman rank* dengan p value 0,000.

Hasil penelitian didapatkan bahwa tingkat kelelahan pada pasien gagal ginjal kronik di RS Ciremai umumnya memiliki tingkat kelelahan ringan (20,2%), kemudian diikuti tingkat kelelahan sedang (46,5%) dan kelelahan berat (33,3%). Kualitas tidur pada pasien gagal ginjal kronik di RS Ciremai, pasien yang memiliki kualitas tidur baik (54,5%) dan pasien yang memiliki kualitas tidur buruk (45,5%). dari hasil Uji *Spearman rank* diperoleh nilai p -value = 0.000 dimana nilai $p < 0.05$. Hasil penelitian ini menunjukkan bahwa ada hubungan antara kelelahan dengan kualitas tidur pada pasien gagal ginjal kronik yang menjalani hemodialisis di RS Ciremai.

Penelitian ini diharapkan dapat memberikan edukasi dan konseling untuk meningkatkan kualitas tidur pasien hemodialisis di RS Ciremai Cirebon.

Kata Kunci : Gagal Ginjal Kronik, Hemodialisis, Kelelahan, Kualitas tidur

Daftar Pustaka : 48 (2017-2025)

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

Mini Thesis, July 2025

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**RELATIONSHIP BETWEEN FATIGUE AND SLEEP QUALITY IN
CHRONIC KIDNEY FAILURE PATIENTS UNDERGOING
HEMODIALYSIS AT CIREMAI HOSPITAL**

Xv + 96 + 9 tables + 2 charts + 14 enclosure

ABSTRACT

Fatigue is a common condition experienced by patients with chronic kidney failure. Fatigue can reduce physical activity levels, interfere with functional ability, and cause general muscle weakness. This study aims to determine the relationship between fatigue and sleep quality in Chronic Kidney Failure patients undergoing hemodialysis at Ciremai Hospital, Cirebon City.

This type of quantitative research uses a cross-sectional approach. The population of hemodialysis patients was 17,308 people and the sample was 99 people. Samples were taken using the Non-Probability sampling technique with fatigue and sleep quality instruments in the form of the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Data analysis used the Spearman rank test with a p value of 0.000. The results of the study showed that the level of fatigue in chronic kidney failure patients at Ciremai Hospital generally had a mild level of fatigue (20.2%), followed by a moderate level of fatigue (46.5%) and severe fatigue (33.3%). Sleep quality in chronic kidney failure patients at Ciremai Hospital, patients who had good sleep quality (54.5%) and patients who had poor sleep quality (45.5%). from the results of the Spearman rank test, the p-value = 0.000 was obtained where the p-value <0.05. The results of this study indicate that there is a relationship between fatigue and sleep quality in chronic kidney failure patients undergoing hemodialysis at Ciremai Hospital.

This study is expected to provide education and counseling to improve the sleep quality of hemodialysis patients at Ciremai Hospital Cirebon.

Keywords: Chronic Kidney Failure, Hemodialysis, Fatigue, Sleep Quality

Referencis : 48 (2017-2025)