

**HUBUNGAN PERSEPSI PENYAKIT DAN LAMANYA MENDERITA
DENGAN *SELF-CARE MANAGEMENT* PASIEN GAGAL GINJAL KRONIK
DI RUMAH SAKIT UMUM DAERAH CILACAP**

*Correlation Of Illness Perception And Illness Duration With Self-care Management Of
Chronic Kidney Disease*

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ABSTRAK

Self-care merupakan manajemen perawatan diri untuk mencegah komplikasi pada pasien gagal ginjal kronik. Terdapat beberapa faktor yang dapat mempengaruhi *self-care management* seseorang yakni persepsi penyakit dan lama menderita gagal ginjal kronik. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara persepsi penyakit dan lama menderita dengan *self-care management* pasien gagal ginjal kronik di Rumah Sakit Umum Daerah Cilacap. Penelitian ini merupakan penelitian kuantitatif dengan desain korelasional dan pendekatan *cross sectional*. Sampel dari penelitian ini adalah 53 responden yang diambil menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner B-IPQ dan *Hemodialysis Patients' Self-care Measurement Scale*. Analisa data menggunakan uji *Spearman Rank*. Hasil uji *Spearman Rank* antara persepsi penyakit dan *self-care management* diperoleh p value = 0,00 ($p \leq 0,05$). Dan hasil uji *Spearman Rank* antara lama menderita dan *self-care management* p value = 0,193 ($p > 0,05$). Kesimpulan didapatkan bahwa ada korelasi yang bermakna antara persepsi penyakit dengan *self-care management* pada pasien gagal ginjal kronik. Tidak ada hubungan bermakna antara lama menderita dengan *self-care management* pasien gagal ginjal kronik.

Kata Kunci : gagal ginjal kronik, persepsi penyakit, lama menderita, *self-care management*.

ABSTRACT

Self-care is *self-care management* to prevent complications in people with chronic kidney disease. Several factors influence a person's *self-care*, namely the perception of the disease and the duration of suffering from chronic kidney disease. The purpose of this study was to determine the relationship between the perception of the disease and the length of suffering on patients chronic kidney disease in Cilacap Regional General Hospital. This research is a quantitative research with a correlational design and a cross-sectional approach. The sample of this research was 53 respondents who were taken using the *purposive sampling* technique. Data collection using the B-IPQ and *Hemodialysis Patients' Self-care Measurement Scale*. Data were analyzed using *Spearman Rank* test. The result of *Spearman Rank* test statistical test between perception of the disease with *self-care management* obtained results of p value = 0,00 ($p \leq 0,05$). And The result of *Spearman Rank* test between the length of suffering with *self-care management* with on patients with chronic kidney disease with a p value = 0,193 ($p > 0,05$). The conclusion is that there is a significant correlation between perception of the disease with *self-care management* on patients chronic kidney disease. And there is no significant correlation between the length of suffering with *self-care management* with on patients with chronic kidney disease.

Keywords : chronic kidney disease, illness perception, illness duration, *self-care management*.