

HUBUNGAN LAMA HEMODIALISI DENGAN KUALITAS HIDUP PASIEN GAGAL GINJAL KRONIK DI RSUD MAJENANG

*The Relationship Of The Long Time Of Hemodialization With The Quality Of Life Of
Chronic Kidney Failure Patients At Majenang Hospital*

Nurul Cholida Ni'mah¹, Suko Pranowo², Kasron³

^{1,2,3} Health Science Institute Al-Irsyad Al-Islamiyyah Cilacap
Jl. Cerme No. 24 Sidanegara Cilacap

ABSTRAK

Hemodialisis jangka panjang pada pasien gagal ginjal kronik dapat berdampak signifikan terhadap kualitas hidup. Penelitian ini bertujuan untuk menganalisis hubungan antara lama hemodialisis dengan kualitas hidup pasien gagal ginjal kronik di RSUD Majenang. Metode penelitian ini menggunakan deskriptif korelatif dengan desain *cross-sectional* dengan sampel 60 pasien hemodialisis. Instrumen penelitian meliputi kuesioner data demografi dan WHOQOL-BREF untuk mengukur kualitas hidup. Analisis data menggunakan uji korelasi *Spearman rank*. Hasil penelitian menunjukkan mayoritas responden (66,7%) telah menjalani hemodialisis >1 tahun dan memiliki kualitas hidup kategori sedang (66,7%). Uji statistik menunjukkan adanya hubungan signifikan antara lama hemodialisis dengan kualitas hidup ($p\text{-value} = 0,020$, $r = 0,300$), mengindikasikan hubungan positif yang cukup kuat. Pasien dengan lama hemodialisis >1 tahun cenderung memiliki kualitas hidup lebih baik dibandingkan pasien ≤ 1 tahun. Kesimpulan: Terdapat hubungan positif antara lama hemodialisis dengan kualitas hidup pasien gagal ginjal kronik. Hasil ini menyoroti pentingnya pendekatan perawatan jangka panjang yang berfokus pada peningkatan kualitas hidup, dengan mempertimbangkan durasi hemodialisis sebagai faktor penting dalam perencanaan intervensi keperawatan.

Kata Kunci : Gagal Ginjal Kronik, Lama Hemodialisis, Kualitas Hidup

ABSTRACT

The duration of hemodialysis in patients with chronic renal failure can have a significant impact on quality of life. This study aims to analyze the relationship between the duration of hemodialysis and the quality of life of chronic kidney failure patients at Majenang Regional Hospital. This research method uses descriptive correlative with a cross-sectional design with a sample of 60 hemodialysis patients. The research instruments include demographic data questionnaires and WHOQOL-BREF to measure quality of life. Data analysis used the Spearman rank correlation test. The research results showed that the majority of respondents (66.7%) had undergone hemodialysis for >1 year and had a moderate quality of life (66.7%). Statistical tests show that there is a significant relationship between the duration of hemodialysis and quality of life ($p\text{-value} = 0.020$, $r = 0.300$), indicating a fairly strong positive relationship. Patients with a duration of hemodialysis >1 year tend to have a better quality of life than patients ≤ 1 year. Conclusion: There is a positive relationship between the duration of hemodialysis and the quality of life of chronic kidney failure patients. These results highlight the importance of a long-term care approach that focuses on improving quality of life, considering the duration of hemodialysis as an important factor in planning nursing interventions.

Keywords: Chronic Kidney Failure, Hemodialysis, Quality of Life