

# HUBUNGAN ANEMIA DENGAN KUALITAS HIDUP PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISIS DI RSUD MAJENANG

*The Relationship Of Anemia With The Quality Of Life Of Chronic Kidney Failure Patients Undergoing Hemodialysis At Majenang Hospital*

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## ABSTRAK

Anemia merupakan komplikasi umum pada pasien gagal ginjal kronik yang menjalani hemodialisis dan dapat mempengaruhi kualitas hidup mereka. Penelitian ini bertujuan untuk menganalisis hubungan antara anemia dengan kualitas hidup pasien gagal ginjal kronik yang menjalani hemodialisis di RSUD Majenang. Desain penelitian menggunakan metode deskriptif korelatif dengan pendekatan *cross-sectional* dengan sampel 60 pasien. Instrumen penelitian meliputi pemeriksaan kadar hemoglobin untuk menilai anemia dan kuesioner kualitas hidup (WHOQoL). Hasil penelitian menunjukkan bahwa 65% responden mengalami anemia sedang, 31,7% anemia ringan, dan 3,3% tidak anemia. Sebagian besar responden (66,7%) memiliki kualitas hidup sedang. Analisis lebih lanjut menunjukkan bahwa 71,8% responden dengan anemia sedang memiliki kualitas hidup sedang, sementara responden tanpa anemia memiliki kualitas hidup baik atau sangat baik. Uji korelasi Spearman rank menghasilkan *p-value* 0,022 ( $<0,05$ ) dengan koefisien korelasi -0,296, menunjukkan adanya hubungan yang signifikan dan cukup kuat dengan korelasi negatif antara anemia dan kualitas hidup. Kesimpulan: Terdapat hubungan yang signifikan antara anemia dan kualitas hidup pasien gagal ginjal kronik yang menjalani hemodialisis, di mana semakin ringan derajat anemia, semakin baik kualitas hidup pasien.

**Kata Kunci :** Anemia, Hemodialisis, Gagal Ginjal Kronik, Kualitas Hidup

## ABSTRACT

*Anemia is a common complication in chronic renal failure patients undergoing hemodialysis and can affect their quality of life. This study aims to analyze the relationship between anemia and the quality of life of chronic kidney failure patients undergoing hemodialysis at Majenang Regional Hospital. The research design used a correlative descriptive method with a cross-sectional approach with a sample of 60 patients. The research instruments included checking hemoglobin levels to assess anemia and a quality of life questionnaire (WHOQoL). The research results showed that 65% of respondents had moderate anemia, 31.7% had mild anemia, and 3.3% did not have anemia. Most respondents (66.7%) had a moderate quality of life. Further analysis showed that 71.8% of respondents with moderate anemia had moderate quality of life, while respondents without anemia had good or very good quality of life. The Spearman rank correlation test produced a *p-value* of 0.022 ( $<0.05$ ) with a correlation coefficient of -0.296, indicating a significant and quite strong relationship with a negative correlation between anemia and quality of life. Conclusion: There is a significant relationship between anemia and the quality of life of chronic kidney failure patients undergoing hemodialysis, where the milder the degree of anemia, the better the patient's quality of life.*