

ABSTRAK

HUBUNGAN *SPIRITUAL COPING* DENGAN TINGKAT STRES PADA PASIEN GAGAL GINJAL KRONIS YANG MENJALANI HEMODIALISA

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Gagal Ginjal Kronis merupakan penyakit ginjal yang terjadi ketika ginjal tidak mampu mengangkut sampah metabolisme tubuh atau melakukan fungsi regulernya. Stres merupakan gangguan emosional dan perilaku yang terjadi dalam melakukan respon penyesuaian diri. Saat stres, pasien akan mencari dukungan dari keyakinan agamanya yaitu dengan *spiritual coping*. Tujuan penelitian ini adalah untuk mengetahui hubungan antara *spiritual coping* dengan tingkat stres pada pasien gagal ginjal kronis yang menjalani hemodialisa. Penelitian ini menggunakan jenis penelitian kuantitatif dengan desain korelasi dengan pendekatan *Cross Sectional*. Cara pengambilan sampel yaitu dengan *Purposive Sampling* yaitu sebanyak 30 responden pasien gagal ginjal kronis yang menjalani hemodialisa di RSUD Dr. Wahidin Sudiro Husodo Kota Mojokerto. Penelitian ini menggunakan Kuesioner dengan uji *Spearman Rho*. Hasil penelitian menunjukkan bahwa sebagian besar responden mempunyai *spiritual coping* tinggi sebanyak 28 responden (93,3%), dan diketahui bahwa hampir seluruh responden mempunyai tingkat stres rendah sebanyak 23 responden (74,2%). Hasil uji *Spearman Rho* diperoleh nilai p 0,000 ($p < 0,05$), dengan hasil *Correlation Coefficient* 0,781 artinya tingkat kekuatan hubungan korelasi sangat kuat. Kesimpulan ada hubungan yang signifikan antara *Spiritual Coping* dengan tingkat stres pada pasien gagal ginjal kronis yang menjalani hemodialisa. Saran berdasarkan hasil tersebut perawat diharapkan memberikan konseling tentang *Spiritual Coping* agar dapat mengontrol stres dalam upaya pelayanan keperawatan yang terbaik bagi pasien gagal ginjal kronis.

Kata Kunci : Gagal Ginjal Kronis, *Spiritual Coping*, Tingkat Stres

ABSTRACT

**RELATIONSHIP OF SPIRITUAL COPING WITH STRESS LEVEL IN
CHRONIC KIDNEY FAILURE PATIENTS THOSE WHO TAKING
HEMODIALIZATION**

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Chronic Kidney Failure is a kidney disease that occurs when the kidneys are unable to transport the body's metabolic waste or perform its regular functions. Stress is an emotional and behavioral disturbance that occurs in the adjustment response. When stressed, patients will seek support from their religious beliefs, namely spiritual coping. The purpose of this study was to determine the relationship between spiritual coping and stress levels in chronic kidney failure patients undergoing hemodialysis. This study uses a quantitative research type with a correlation design with a Cross Sectional approach. The sampling method is purposive sampling, which is as many as 30 respondents of chronic kidney failure patients undergoing hemodialysis at RSUD Dr. Wahidin Sudiro Husodo, Mojokerto City. This study uses a questionnaire with the Spearman Rho test. The results showed that most of the respondents had high spiritual coping as many as 28 respondents (93.3%), and it was known that almost all respondents had low stress levels as many as 23 respondents (74.2%). Spearman Rho test results obtained p value of 0.000 ($p < 0.05$) with the results of the Correlation Coefficient of 0.781, which means that the level of strength of the correlation relationship is very strong. The conclusion is that there is a significant relationship between Spiritual Coping and stress levels in chronic kidney failure patients undergoing hemodialysis. Suggestions based on these results nurses are expected to provide counseling on Spiritual Coping in order to control stress in an effort to provide the best nursing services for patients with chronic kidney failure.

Keywords: Chronic Kidney Failure, Spiritual Coping, Stress Level