

ABSTRAK

**DAMPAK PSIKOLOGIS PASIEN PENYAKIT GINJAL KRONIS YANG
MENJALANI HEMODIALISIS DI RUANG HEMODIALISA RSUD
DR WAHIDIN SUDIRO HUSODO KOTA MOJOKERTO
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Hemodialisis adalah terapi berkepanjangan yang secara signifikan dapat berdampak pada fisik dan psikologis penderita Penyakit Ginjal Kronik (PGK). Pasien PGK yang baru pertama kali menjalani hemodialisa sangat rentan terdapat gangguan psikologi diantaranya adalah stress, cemas dan penurunan kualitas hidup. Penelitian ini bertujuan untuk mengetahui dampak psikologis pasien Penyakit ginjal kronis yang menjalani hemodialisis

Desain penelitian deskriptif dengan Populasi sebanyak 112 orang. teknik pengambilan sampel diambil secara consecutive sampling sebanyak 55 responden. Teknik analisa data yang digunakan dalam penelitian ini adalah analisis secara deskriptif.

Hasil penelitian menunjukkan bahwa dampak psikologis hampir setengahnya responden stress berat sebanyak 22 responden (40%). dan tidak mengalami kecemasan sebanyak 24 responden (43,6%), serta kualitas hidup hampir setengahnya tinggi sebanyak 21 responden (38,2%).

Pasien PGK supaya menjaga kondisi kesehatannya baik fisik maupun psikologis dengan cara tidak terlalu mengkhawatirkan kondisinya dan selalu berolah raga ringan supaya tidak terjadi stress dan cemas berlebihan yang berdampak pada kualitas hidup menurun.

Kata Kunci : Pasien PGK, Dampak psikologis

BINA SEHAT PPNI

ABSTRACT

PSYCHOLOGICAL IMPACT OF CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS IN THE HEMODIALYSIS ROOM OF DR WAHIDIN SUDIRO HUSODO HOSPITAL, MOJOKERTO CITY

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Hemodialysis is a long-term therapy that can significantly impact the physical and psychological aspects of Chronic Kidney Disease (CKD) patients. CKD patients who are undergoing hemodialysis for the first time are very susceptible to psychological disorders including stress, anxiety and decreased quality of life. This study aims to determine the psychological impact of chronic kidney disease patients undergoing hemodialysis.

Descriptive research design with a population of 112 people. The sampling technique was taken by consecutive sampling of 55 respondents. The data analysis technique used in this study was descriptive analysis.

The results showed that the psychological impact of almost half of the respondents was severely stressed, as many as 22 respondents (40%), and did not experience anxiety as many as 24 respondents (43.6%), and the quality of life of almost half was high, as many as 21 respondents (38.2%).

CKD patients should maintain their health, both physically and psychologically, by not worrying too much about their condition and always doing light exercise so that there is no excessive stress and anxiety that has an impact on decreasing quality of life.

Keywords: PGK patients, Psychological impact

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