

ABSTRACT

Description of Body Image and Self-Esteem of Patients with Chronic Kidney Failure undergoing Hemodialysis at Prof. Dr. Soekandar Mojokerto Regency

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Patients with chronic kidney failure who had been required to undergo hemodialysis will experience many changes in their lives. These changes, including adjustment to the limitations of mobility, reduced role in society, and decreased productivity, would affect psychological conditions including body image and self-esteem. The purpose of this study was to determine the description of the body image and self-esteem of patients with chronic kidney failure undergoing hemodialysis at RSUD Prof. Dr. Soekandar Mojokerto Regency. The design of this research was descriptive. The study population was all patients with chronic kidney failure who underwent hemodialysis at Prof. Hospital Dr. Soekandar Mojokerto Regency was 120 people. The sampling technique in this study was Accidental sampling, so that the samples obtained were 45 people. This research was conducted in May 2020. The instrument used a body image questionnaire and Rosenberg Self Esteem Scale. The results of this study suggested that respondents who had negative body image were 23 people (51.1%), and respondents who have low self-esteem were 27 people (60%). The analysis shows that the majority of respondents had negative body image and low self-esteem. Hemodialysis caused side effects such as dry, black, wrinkled skin, fatigue, weakness so that the patient did not like the appearance of his body and made the patient experience physical activity disorders due to fatigue and weakness which made them feel worthless.

Keywords: body image, self-esteem, hemodialysis

ABSTRAK

Gambaran *Body Image* dan Harga Diri Pasien Gagal Ginjal Kronik yang Menjalani Hemodialisa di RSUD Prof. Dr. Soekandar Kabupaten Mojokerto

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Pasien gagal ginjal kronik yang telah diwajibkan menjalani hemodialisis akan mengalami banyak perubahan dalam hidupnya. Perubahan-perubahan tersebut, termasuk penyesuaian diri terhadap keterbatasan mobilitas, peran dalam masyarakat yang berkurang, dan produktivitas yang menurun, akan mempengaruhi kondisi psikologisnya termasuk *body image* dan harga dirinya. Tujuan penelitian ini adalah mengetahui gambaran *body image* dan harga diri pasien gagal ginjal kronik yang menjalani hemodialisa di RSUD Prof. Dr. Soekandar Kabupaten Mojokerto. Desain penelitian ini adalah deskriptif. Populasi penelitian ini adalah semua pasien gagal ginjal kronik yang menjalani hemodialisa di RSUD Prof. Dr. Soekandar Kabupaten Mojokerto sejumlah 120 orang. Teknik pengambilan sampel dalam penelitian ini adalah *Accidental sampling*, sehingga sampel yang didapatkan berjumlah 45 orang. Penelitian ini dilakukan pada bulan Mei 2020. Instrumen menggunakan kuesioner *body image* dan *Rosenberg Self Esteem Scale*. Hasil penelitian ini menunjukkan bahwa responden yang mempunyai *body image* negatif yaitu 23 orang (51,1%), dan responden yang mempunyai harga diri rendah yaitu 27 orang (60%). Hasil analisa menunjukkan bahwa sebagian besar responden mempunyai *body image* negatif dan harga diri rendah. Hemodialisa menimbulkan efek samping seperti kulit kering, hitam, keriput, kelelahan, kelemahan sehingga pasien tidak menyukai penampilan tubuhnya dan membuat pasien mengalami gangguan aktivitas fisik akibat kelelahan dan kelemahan yang membuat dirinya merasa tidak berharga.

Kata Kunci: *body image*, harga diri, hemodialisa