

ABSTRACT

The Effectiveness of Deep Breathing Exercise on Fatigue in CKD Patients Post Hemodialysis at Gatoel Hospital Mojokerto

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Hemodialysis is a renal replacement therapy that needed to take over kidney function that has decreased function due to chronic kidney failure. Hemodialysis associated of post-dialysis fatigue. Deep breathing exercise is one of the non-pharmacological therapies that used to treat fatigue. The purpose of this study was to prove the effectiveness of deep breathing exercises on fatigue in CKD patients post-hemodialysis at Gatoel Mojokerto Hospital. Pre-experimental research design through a one-group pre-post test design approach. The sampling technique used the Non Probability Sampling technique with the Purposive Sampling method. The sample in this study was 23 respondents. The instrument in this study used the Functional Assessment of Chronic Illness Therapy (FACIT) Fatigue Scale (Version 4) questionnaire. The results of this study indicate that most of the respondents had moderate levels of fatigue before being given intervention in the form of a deep breathing exercise as many as 14 respondents (60.9%), and after being given intervention in the form of deep breathing exercise, most of the respondents had a mild fatigue level of 13 respondents (56, 5%). The Wilcoxon Sign Rank Test showed that the p-value was 0.000 or <0.05 , with a 95% confidence degree, meaning that H_0 was rejected, so there was an effect of deep breathing exercise 2 times a week with a duration of 20 minutes for 4 weeks on fatigue. Deep breathing exercise has a significant impact on reducing fatigue levels because adequate oxygenation can increase metabolism and produce energy so that the body can suppress feelings of tiredness or fatigue.

Keywords: deep breathing exercise, fatigue, hemodialysis.

ABSTRAK

Efektivitas *Deep Breathing Exercise* Terhadap *Fatigue* Pada Pasien CKD Post Hemodialisis Di RS Gatoel Mojokerto

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Hemodialisis merupakan terapi pengganti ginjal yang diperlukan untuk mengambil alih fungsi ginjal yang mengalami penurunan fungsi akibat penyakit gagal ginjal kronis. Hemodialisis dikaitkan dengan munculnya *fatigue* pascodialisis. *Deep breathing exercise* merupakan salah satu terapi nonfarmakologis yang digunakan dalam mengatasi *fatigue*. Tujuan penelitian ini adalah untuk membuktikan efektivitas *deep breathing exercise* terhadap *fatigue* pada pasien CKD post hemodialisis di RS Gatoel Mojokerto. Desain penelitian *pre-experimental* melalui pendekatan *one group pre-post test design*. Teknik sampling menggunakan teknik *Non Probability Sampling* dengan metode *Purposive Sampling*. Sampel dalam penelitian ini sebanyak 23 responden. Instrumen dalam penelitian ini menggunakan kuesioner *Functional Assessment of Chronic Illness Therapy (FACIT) Fatigue Scale (Version 4)*. Hasil penelitian ini menunjukkan bahwa sebagian besar responden memiliki tingkat *fatigue* sedang sebelum diberikan intervensi berupa *deep breathing exercise* sebanyak 14 responden (60,9%), dan sesudah diberikan intervensi berupa *deep breathing exercise* sebagian besar responden memiliki tingkat *fatigue* ringan sebanyak 13 responden (56,5%). *Wilcoxon Sign Rank Test* menunjukkan bahwa *p-value* 0,000 atau $< 0,05$, dengan derajat kepercayaan 95% artinya H_0 ditolak, sehingga *deep breathing exercise* 2 kali seminggu dengan durasi 20 menit selama 4 minggu terbukti efektif terhadap *fatigue* pada pasien CKD post hemodialisis. *Deep breathing exercise* berdampak signifikan terhadap penurunan tingkat *fatigue*, sebab melalui oksigenasi yang adekuat mampu meningkatkan metabolisme dan memproduksi energi sehingga tubuh mampu menekan perasaan lelah atau *fatigue*.

Kata kunci: *deep breathing exercise*, *fatigue*, hemodialisis.