

ABSTRAK

HUBUNGAN *SELF EFFICACY* DAN DUKUNGAN KELUARGA DENGAN KEPATUHAN RESTRIKSI CAIRAN PASIEN *CHRONIC KIDNEY DISEASE* YANG MENJALANI HEMODIALISIS

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Pasien *chronic kidney disease* yang menjalani hemodialisis perlu mematuhi restriksi cairan untuk mencegah komplikasi akibat kelebihan cairan. *Self-efficacy* dan dukungan keluarga merupakan faktor yang dapat memengaruhi kepatuhan restriksi cairan. Penelitian ini bertujuan untuk mengetahui hubungan *self-efficacy* dan dukungan keluarga dengan kepatuhan restriksi cairan pasien *chronic kidney disease* yang menjalani hemodialisis di RSI Sakinah Mojokerto. Penelitian menggunakan desain analitik korelasional dengan pendekatan *cross sectional*. Populasi penelitian sebanyak 215 pasien hemodialisis di RSI Sakinah dengan sampel 69 responden menggunakan teknik *consecutive sampling*. Instrumen penelitian menggunakan kuesioner *Chronic Kidney Disease Self Efficacy* (CKD SE), *Family Support Scale* (FSS), *fluid control in Hemodialysis Patients Scale* (FCHPS) dan analisis data menggunakan uji Spearman Rank. Hasil penelitian didapatkan tingkat *self-efficacy* tinggi sebanyak 49 responden (71,0%), tingkat dukungan keluarga baik sebanyak 58 responden (84,1%), kepatuhan restriksi cairan kategori patuh 41 responden (59,4%). Hasil uji *Spearman Rank* menunjukkan terdapat hubungan antara *self-efficacy* dengan kepatuhan restriksi cairan ($p=0,001$; $r=0,789$) dan terdapat hubungan antara dukungan keluarga dengan kepatuhan restriksi cairan ($p=0,000$; $r=0,455$). Penelitian menunjukkan bahwa *self-efficacy* dan dukungan keluarga berhubungan dengan kepatuhan restriksi cairan pada pasien hemodialisis. *Self-efficacy* memiliki peran yang lebih kuat dibandingkan dukungan keluarga dalam mendukung kepatuhan restriksi cairan. Meskipun demikian, dukungan keluarga tetap diperlukan sebagai faktor eksternal yang dapat memperkuat keyakinan dan perilaku patuh pasien selama menjalani hemodialisis.

Kata Kunci : *Chronic Kidney Disease*, Dukungan Keluarga, Hemodialisis, Kepatuhan Restriksi Cairan, *Self-efficacy*

ABSTRACT

THE RELATIONSHIP BETWEEN *SELF-EFFICACY* AND FAMILY SUPPORT WITH FLUID RESTRICTION COMPLIANCE IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS

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Patients with chronic kidney disease undergoing hemodialysis need to comply with fluid restriction to prevent complications caused by fluid overload. Self-efficacy and family support are factors that may influence fluid restriction compliance. This study aimed to determine the relationship of self-efficacy and family support with fluid restriction compliance among chronic kidney disease patients undergoing hemodialysis at RSI Sakinah Mojokerto. This study used a correlational analytic design with a cross-sectional approach. The population consisted of 215 hemodialysis patients at RSI Sakinah Mojokerto, with 69 respondents selected using consecutive sampling technique. The instruments used were Chronic Kidney Disease Self-efficacy (CKD-SE), Family Support Scale (FSS), and Fluid Control in Hemodialysis Patients Scale (FCHPS) questionnaires. Data were analyzed using Spearman Rank test. The results showed that 49 respondents (71.0%) had high self-efficacy, 58 respondents (84.1%) had good family support, and 41 respondents (59.4%) were compliant with fluid restriction. Spearman Rank test showed a relationship between self-efficacy and fluid restriction compliance ($p=0.001$; $r=0.789$) and between family support and fluid restriction compliance ($p=0.000$; $r=0.455$). The study showed that self-efficacy and family support were related to fluid restriction compliance in hemodialysis patients. Self-efficacy has a stronger role than family support in promoting adherence to fluid restriction. However, family support is still needed as an external factor that can strengthen patients' confidence and adherence behavior during hemodialysis treatment.

Keywords : Chronic Kidney Disease, Family Support, Hemodialysis, Fluid Restriction Compliance, Self-efficacy