

ABSTRAK

HUBUNGAN KUALITAS TIDUR DENGAN FATIGUE PADA PASIEN CHRONIC KIDNEY DISEASE DI RUANG HEMODIALISA RS GATOEL MOJOKERTO

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Pasien *Chronic Kidney Disease* (CKD) yang menjalani hemodialisa rutin sering kali menghadapi komplikasi sistemik, khususnya gangguan kualitas tidur dan kelelahan ekstrem (*fatigue*). Kedua kondisi klinis ini saling berinteraksi dan secara signifikan memperberat kapasitas fungsional pasien. Penelitian ini bertujuan untuk menganalisis hubungan antara kualitas tidur dengan *fatigue* pada pasien CKD di ruang Hemodialisa RS Gatoel Mojokerto. Desain penelitian ini menggunakan metode kuantitatif korelasional dengan rancangan *cross-sectional* yang melibatkan 68 responden melalui teknik *consecutive sampling*. Data dikumpulkan melalui kuisioner *Pittsburgh Sleep Quality Index* (PSQI) dan *Functional Assessment of Chronic Illness Therapy-Fatigue* (FACIT-F), lalu dianalisis menggunakan program SPSS. Hasil analisis univariat menunjukkan sebagian besar responden memiliki kualitas tidur buruk sebanyak 50 orang (73,5%) dan mengalami *fatigue* tingkat berat sebanyak 49 orang (72,1%). Hasil uji bivariat *Spearman Rank* menunjukkan adanya hubungan signifikan yang kuat dan berlawanan arah antara kedua variabel ($p = 0,000$; $r = -0,617$), yang berarti semakin buruk kualitas tidur maka *fatigue* pasien akan semakin berat. Hubungan ini terjadi karena gangguan tidur menyebabkan tubuh gagal mencapai fase *deep sleep* yang adekuat, sehingga secara langsung mengganggu proses resistensi ATP (energi sel) dan menghambat pemulihan energi luar tubuh. Akibat waktu istirahat yang tidak optimal ini, kondisi fisiologis pasien CKD semakin memperburuk akumulasi kelelahan fisik yang bermanifestasi secara klinis sebagai *fatigue*.

Kata Kunci : *Chronic Kidney Disease*, Hemodialisa, Kualitas Tidur, *Fatigue*

ABSTRAK

THE RELATIONSHIP BETWEEN SLEEP QUALITY AND FATIGUE IN PATIENTS WITH CHRONIC KIDNEY DISEASE AT THE HEMODIALYSIS ROOM OF RS GATOEL MOJOKERTO

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Patient with Chronic Kidney Disease (CKD) undergoing routine hemodialysis frequently encounter systemic complications, particularly impaired sleep quality and extreme exhaustion (fatigue). These two clinical conditions interact with each other and significantly exacerbate the patient's functional capacity. This study aim to analyze the relationship between sleep quality and fatigue in CKD patients at the hemodialysis room of RS Gatoel Mojokerto. The research design employed a correlational quantitativemethod with a cross-sectional approach, involving 68 respondents selected throughconsecutive sampling. Data were collected through the Pittsburgh Sleep Quality Index (PSQI) dan Functional Assessment of Chronic Illness Therapy-Fatigue (FACIT-F) questionnaires, and subsequently analyzed using SPSS software. The univariate analysis indicated that the majority of respondents had poor sleep quality (73,5%; 50 patients) and experienced severe fatigue (72,1%; 49 patients). The spearman Rank bivariate test revealed a significant, strong, and inverse relationship between the two variables ($p = 0,000$; $r = -0,617$), indicating that poorer sleep quality is associated with more severe fatigue in patients. This relationship occurs because sleep disturbances prevent the body from reaching an adequate deep sleep phase. Thereby directly impairing the ATP (cellular energy) resynthesis process and inhibiting the restoration of body energy. As a consequence of this suboptimal rest period, the physiological condition of CKD patients further worsens the accumulation of physical exhaustion, which clinically manifest as fatigue.

Keywords: *Chronic kidney Disease, Hemodialysis, Sleep Quality, Fatigue*