

ABSTRAK

PENGARUH *INTRADIALYTIC EXERCISE* TERHADAP TINGKAT FATIGUE PADA PASIEN HEMODIALISA DI RS RIZANI PAITON PROBOLINGGO

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Fatigue merupakan keluhan yang sering dialami pasien penyakit ginjal kronik yang menjalani hemodialisis dan dapat menurunkan kemampuan aktivitas serta kualitas hidup. Salah satu intervensi nonfarmakologis untuk mengurangi fatigue adalah *intradialytic exercise*. Penelitian ini bertujuan mengetahui pengaruh *intradialytic exercise* terhadap tingkat fatigue pada pasien hemodialisis di Ruang Hemodialisa RS Rizani Paiton Probolinggo. Penelitian menggunakan desain *pre-experimental* dengan pendekatan *one-group pretest-posttest*. Sampel berjumlah 23 responden yang dipilih menggunakan teknik *purposive sampling*. Tingkat fatigue diukur menggunakan *Fatigue Assessment Scale* (FAS) sebelum dan sesudah intervensi. *Intradialytic exercise* dilakukan selama 15 menit sebanyak dua siklus pada dua jam pertama hemodialisis. Analisis data menggunakan Uji Wilcoxon *Signed Rank Test*. Sebelum intervensi, sebagian besar responden mengalami fatigue berat (69,6%), sedangkan setelah intervensi sebagian besar mengalami fatigue ringan (78,3%). Hasil uji menunjukkan nilai $Z = -3,796$ dan $p\text{-value} = 0,000$ ($p < 0,05$), yang menunjukkan pengaruh signifikan *intradialytic exercise* terhadap penurunan fatigue. Temuan ini mengindikasikan bahwa latihan selama hemodialisis dapat meningkatkan toleransi aktivitas dan kemampuan fisik pasien, sehingga *intradialytic exercise* berpotensi menjadi intervensi keperawatan nonfarmakologis untuk membantu menurunkan fatigue pada pasien yang menjalani hemodialisis.

Kata kunci: Fatigue, Hemodialisis, *Intradialytic Exercise*

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ABSTRACT

THE EFFECT OF INTRADIALYTIC EXERCISE ON FATIGUE LEVELS AMONG PATIENTS UNDERGOING HEMODIALYSIS AT RIZANI HOSPITAL, PAITON, PROBOLINGGO

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Fatigue is a common complaint among patients with chronic kidney disease undergoing hemodialysis and can impair their ability to perform daily activities and reduce their quality of life. One nonpharmacological intervention to reduce fatigue is intradialytic exercise. This study aimed to determine the effect of intradialytic exercise on fatigue levels in hemodialysis patients at the Hemodialysis Unit of Rizani Paiton Hospital in Probolinggo. The study used a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 23 participants selected using purposive sampling. Fatigue levels were measured using the Fatigue Assessment Scale (FAS) before and after the intervention. Intradialytic exercise was performed for 15 minutes over two cycles during the first two hours of hemodialysis. Data analysis was conducted using the Wilcoxon Signed Rank Test. Before the intervention, most participants experienced severe fatigue (69.6%), whereas after the intervention, most experienced mild fatigue (78.3%). The test results showed a Z-value of -3.796 and a p-value of 0.000 ($p < 0.05$), indicating a significant effect of intradialytic exercise on reducing fatigue. These findings suggest that exercise during hemodialysis can improve patients' activity tolerance and physical capacity, intradialytic exercise has the potential to serve as a nonpharmacological nursing intervention to help reduce fatigue in patients undergoing hemodialysis.

Keywords: *chronic kidney disease, fatigue, hemodialysis, intradialytic exercise.*

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