ABSTRACT

THE CORRELATION BETWEEN FATIGUE WITH THE SLEEP QUALITY PATIENTS UNDERGOING HEMODIALYSIS IN HEMODIALISA ROOM HOSPITAL OF ISLAM SAKINAH MOJOKERTO

BY : ARMILA YUSTIKAWATI

Chronic Kidney Failure results from failure of kidney function to maintain metabolism, fluid and electrolyte balance due to progressive destruction of kidney structure resulting in irreversible decrease kidney function. This condition requires hemodialysis therapy. The dependence of dialysis machine continuously will cause chronic hemodialysis effect in the form of fatigue which can cause disturbances sleep quality. The purpose of this research was to know the correlation between fatigue and sleep quality in patients (CRF) hemodialysis therapy. Design of this research is non-experimental correlation analytic with cross sectional design. Population was 80 patients in Hemodialysis Room Hospital of Islam Sakinah Mojokerto. Sampling is simple random sampling technique. Sample were 67 respondents had calculated using sample size formula. Data collected by fatigue questionnaire instruments Functional Assessment Chronic Illness Therapy (FACIT) and The Pittsburgh Sleep Quality Index (PSQI) for sleep quality. Data processing by editing, coding, scoring, tabulating, tested by statistical of Spearman Rank Rho with SPSS 19.0. Results showed value of ρ (0.03) < α (0.05), Ho was rejected, there was correlation between fatigue and sleep quality in patients undergoing hemodialysis, value of $r = 0.418$ which showed moderate correlation and positive correlation. There were 34 respondents (50.7%) who had severe levels of fatigue and poor sleep quality. This is because the longer undergoing hemodialysis, patients will have high levels of urea and creatinine which results in disruption of the process of the formation of the hormone erythropoietin which results in decreased red blood cells and anemia.

Key Word : Hemodialysis, Fatigue, Sleep Quality

ABSTRAK

HUBUNGAN *FATIGUE* DENGAN KUALITAS TIDUR PASIEN YANG MENJALANI TERAPI HEMODIALISA DI RUANG HEMODIALISA RSI SAKINAH MOJOKERTO

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Gagal Ginjal Kronik terjadi akibat kegagalan fungsi ginjal untuk mempertahankan metabolisme, keseimbangan cairan dan elektrolit akibat destruksi struktur ginjal sehingga terjadi penurunan fungsi ginjal yang ireversibel. Kondisi ini membutuhkan terapi hemodialisis. Ketergantungan mesin dialisis secara terus-menerus akan menimbulkan efek hemodialisa kronik berupa *fatigue* yang dapat menyebabkan gangguan kualitas tidur. Tujuan penelitian ini untuk mengetahui adanya hubungan *fatigue* dengan kualitas tidur pada pasien GGK yang menjalani hemodialisa. Desain penelitian yaitu analitik korelasi non-eksperimental, metode rancangan *cross sectional.* Populasi adalah seluruh pasien di ruang Hemodialisa RSI Sakinah Mojokerto sebanyak 80 orang. Sampling yang digunakan adalah teknik *simple random sampling.* Sampel sebanyak 67 responden yang telah dihitung menggunakan rumus besar sampel. Data dikumpulkan dengan instrumen kuesioner *fatigue* menggunakan *Functional Assessment Chronic Illness Therapy* (FACIT) dan *The Pittsburgh Sleep Quality Index (PSQI)* untuk kualitas tidur. Data diolah dengan *editing, coding, scoring, tabulating,* dan di uji dengan uji statistik *Spearman Rank Rho* dengan bantuan SPSS versi 19.0. Hasil penelitian menunjukkan nilai ρ (0.03) < α (0.05), sehingga Ho ditolak artinya ada hubungan *fatigue* dengan kualitas tidur pada pasien yang menjalani hemodialisa, dengan nilai r = 0.418 yang menunjukkan hubungan yang sedang dan menunjukkan korelasi yang positif. Terdapat 34 responden (50.7%) memiliki level *fatigue* yang berat disertai kualitas tidur yang buruk. Hal itu disebabkan karena semakin lama menjalani hemodialisa, pasien akan memiliki kadar ureum dan kreatinin tinggi yang mengakibatkan terganggunya proses terbentuknya hormon eritropoietin yang berakibat menurunnya sel darah merah dan terjadi anemia.

Kata Kunci : Hemodialisis, *Fatigue*, Kualitas Tidur