

ABSTRAK

Akibat terapi hemodialisis yang lama menyebabkan masalah fisik, psikologis dan gangguan dalam kehidupannya. Masalah psikologis yang terjadi pada pasien hemodialisis seperti kecemasan, stres, dan depresi. Hal tersebut menyebabkan terjadinya penurunan resiliensi pasien yang menjalani hemodialisis, yang mengakibatkan terhambatnya proses penyembuhan, maka dibutuhkan dukungan sosial dan spiritualitas untuk membantu mengatasi masalahnya. Tujuan penelitian ini adalah untuk mengetahui hubungan dukungan sosial dan spiritualitas dengan resiliensi pada pasien yang menjalani hemodialisis di RSUD Al-Ihsan Kabupaten Bandung.

Jenis penelitian yang digunakan dalam penelitian ini yaitu penelitian kuantitatif dengan metode korelasional. Instrumen penelitian yang digunakan *Medical Outcome Study-Social Support Survey* (MOS-SSS), *Spiritual Well-Being Scale* (SWBS), dan *Connor and Davidson Resilience Scale* (CD-RISC). Populasi penelitian sebanyak 180 pasien dengan sampel 125 pasien yang menjalani hemodialisis di RSUD Al-Ihsan. Teknik pengambilan sampel dilakukan dengan *purposive sampling* dengan kriteria inklusi dan eksklusi. Analisis data dengan analisis univariat dan bivariat menggunakan uji korelasi *rank spearman*.

Hasil penelitian yang didapatkan resiliensi rendah (51.2%), dukungan sosial tinggi (56.8%), spiritualitas tinggi (90.4%), hubungan dukungan sosial dan resiliensi (ρ) = 0.041, hubungan spiritualitas dan resiliensi (ρ) = 0.022. Berdasarkan hasil penelitian dapat dikatakan secara signifikan ada hubungan dukungan sosial dan spiritualitas dengan resiliensi pada pasien yang menjalani hemodialisis di RSUD Al-Ihsan Kabupaten Bandung.

Berdasarkan hasil tersebut, diharapkan perawat hemodialisis dapat memberikan motivasi dan memberikan asuhan keperawatan yang optimal kepada pasien untuk meningkatkan resiliensi pasien hemodialisis di RSUD Al-Ihsan Kabupaten Bandung.

Kata Kunci : Dukungan sosial, pasien hemodialisis, resiliensi, spiritualitas

Daftar Pustaka : 12 buku (2018-2022)

46 jurnal (2016-2022)

1 website (2018)

ABSTRACT

Due to prolonged hemodialysis therapy, it causes physical, psychological problems and disturbances in life. Psychological problems that occur in hemodialysis patients such as anxiety, stress, and depression. This causes a decrease in the resilience of patients undergoing hemodialysis, which results in delays in the healing process, so social support and spirituality are needed to help overcome the problem. The purpose of this study was to determine the relationship between social support and spirituality with resilience in patients undergoing hemodialysis at Al-Ihsan Hospital, Bandung Regency.

The type of research used in this study is quantitative research with correlational methods. The research instruments used were Medical Outcome Study-Social Support Survey (MOS-SSS), Spiritual Well-Being Scale (SWBS), and Connor and Davidson Resilience Scale (CD-RISC). The study population was 180 patients with a sample of 125 patients undergoing hemodialysis at Al-Ihsan Hospital. The sampling technique was done by purposive sampling with inclusion and exclusion criteria. Data analysis with univariate and bivariate analysis using Spearman rank correlation test.

The results of the study obtained low resilience (51.2%), high social support (56.8%), high spirituality (90.4%), the relationship between social support and resilience (p) = 0.041, the relationship between spirituality and resilience (p) = 0.022. Based on the results of the study, it can be said that there is a significant relationship between social support and spirituality with resilience in patients undergoing hemodialysis at Al-Ihsan Hospital, Bandung Regency.

Based on these results, it is expected that hemodialysis nurses can motivate and provide optimal nursing care to patients to increase the resilience of hemodialysis patients at Al-Ihsan Hospital, Bandung Regency.

Keywords: Hemodialysis patients, resilience, social support, spirituality

Bibliography : 12 books (2018-2022)

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