

ABSTRAK

Fatigue pada pasien penyakit ginjal kronik muncul akibat harus rutinnnya melakukan hemodialisis dan juga adanya kecenderungan walaupun rutin hemodialisis tetapi kesehatan semakin lama semakin tidak baik. Penanganan *fatigue* bisa dilakukan dengan cara pemberian relaksasi otot progresif. Tujuan dalam penelitian ini yaitu untuk mengethau pengaruh relaksasi otot progresif terhadap tingkat *fatigue* pasien Penyakit ginjal kronik yang menjalani hemodialisis di ruang Hemodialisis RSUD Kota Bandung.

Desain penelitian berupa *pre eksprimen*. Rancangan yang digunakan adalah *one group pre test and posttest design*. Populasi sebanyak 57 orang, sampel yang digunakan sebanyak 37 orang dengan teknik pengambilan sampel yaitu *consecutive sampling*. Pengumpulan data dilakukan dengan cara pemberian kuesioner *Facit Fatigue Scale*. Analisis data menggunakan analisis univariat berupa distribusi frekuensi dan analisis bivariat berupa uji Wilcoxon.

Hasil penelitian didapatkan sebelum dilakukan relaksasi otot progresif sebagian besar responden dengan tingkat *fatigue* berat sebanyak 32 orang (86,5%). Setelah dilakukan relaksasi otot progresif lebih dari setengahnya responden dengan tingkat *fatigue* ringan sebanyak 26 orang (70,3%). Hasil uji pengaruh didapatkan p-value sebesar $0,000 < 0,05$, artinya terdapat pengaruh relaksasi otot progresif terhadap tingkat *fatigue* pasien penyakit ginjal kronik yang menjalani hemodialisis.

Relaksasi otot progresif bisa menghambat aktifitas saraf simpatis sehingga menurunkan konsumsi oksigen oleh tubuh yang akhirnya otot-otot tubuh menjadi rileks dan masalah *fatigue* bisa teratasi. Simpulan didapatkan bahwa relaksasi otot progresif berpengaruh terhadap tingkat *fatigue* pasien penyakit ginjal kronik. Saran bagi rumah sakit hasil penelitian bisa mempertimbangkan prosedur relaksasi otot progresif yang digunakan sebagai penyusunan prosedur operasional untuk penanganan *fatigue* pada pasien penyakit ginjal kronik yang menjalani hemodialisis.

Kata kunci : *Fatigue*, Penyakit Ginjal Kronis, Relaksasi Otot Progresif.

Sumber : 44 Buku (tahun 2016-2019)
15 Jurnal (tahun 2016-2020)

ABSTRACT

Fatigue in patients with chronic kidney disease arises as a result of having to do hemodialysis routinely and also there is a tendency that even though hemodialysis is routine, health is getting worse and worse. Handling fatigue can be done by giving progressive muscle relaxation. The purpose of this study was to determine the effect of progressive muscle relaxation on the fatigue level of patients with chronic kidney disease undergoing hemodialysis in the hemodialysis room at the Bandung City Hospital.

The research design was in the form of a pre-experiment. The design used is one group pretest and posttest design. The population is 57 people, the sample used is 37 people with a sampling technique that is consecutive sampling. Data was collected by giving the Facit Fatigue Scale questionnaire. Data analysis used univariate analysis in the form of frequency distribution and bivariate analysis in the form of Wilcoxon test.

The results showed that before progressive muscle relaxation was carried out, most of the respondents with severe fatigue levels were 32 people (86.5%). After doing progressive muscle relaxation, more than half of the respondents with mild fatigue were 26 people (70.3%). The results of the influence test showed a p-value of $0.000 < 0.05$, meaning that there was an effect of progressive muscle relaxation on the fatigue level of chronic kidney disease patients undergoing hemodialysis.

Progressive muscle relaxation can inhibit sympathetic nerve activity so that it reduces oxygen consumption by the body which ultimately relaxes the body's muscles and resolves fatigue problems. The conclusion is that progressive muscle relaxation affects the level of fatigue in patients with chronic kidney disease. Suggestions for hospitals can make progressive muscle relaxation interventions as operational procedures in dealing with fatigue problems in patients with chronic kidney disease.

Keywords : *Fatigue, Chronic Kidney Disease, Progressive Muscle Relaxation.*

Source : *44 Books (2016-2019)
15 Journals (2016-2020)*