

ABSTRAK

Pasien penyakit ginjal kronik (PGK) harus menjalani hemodialisis secara rutin selama hidupnya dengan frekuensi 2-3 kali perminggu selama 4-5 jam. Ketergantungan pasien terhadap hemodialisis mengakibatkan berbagai perubahan dalam kehidupannya, untuk menghadapi perubahan tersebut diperlukannya kemampuan dalam perawatan diri atau *self-care management*. Resiliensi merupakan faktor yang dapat mempengaruhi *self-care management* pasien hemodialisis karena dapat membuat pasien berfikir positif dan optimis sehingga pasien dapat bangkit dan berusaha menjalani perawatan. Tujuan penelitian ini adalah untuk mengetahui hubungan antara resiliensi dengan *self-care management* pada pasien hemodialisis di RSUD Al-Ihsan Bandung.

Metode penelitian yang digunakan adalah deskriptif korelasi dengan pendekatan *cross-sectional*. Jumlah populasi dalam penelitian ini sebanyak 180 pasien hemodialisis dan didapatkan sebanyak 65 pasien dengan teknik *purposive sampling* dengan kriteria inklusi menjalani HD > 6 bulan, berusia 19-60 tahun, rutin menjalani HD 2 kali dalam seminggu. Pengumpulan data menggunakan instrument CD-RISC untuk resiliensi dan *hemodialysis patients' self-care measurement scale* untuk *self-care management*, analisa data menggunakan distribusi frekuensi dan uji korelasi *spearman rank*.

Hasil penelitian didapatkan bahwa pasien hemodialisis hampir seluruhnya (84,6%) memiliki resiliensi tinggi dan sebagian besar (75,4%) memiliki *self-care management* tinggi. Hasil uji korelasi didapatkan *p-value* 0,001 ($\alpha < 0.05$) maka H_a diterima artinya terdapat hubungan antara resiliensi dengan *self-care management* pada pasien hemodialisis di RSUD Al-Ihsan Bandung. Berdasarkan hasil penelitian diharapkan perawat dapat memberikan dukungan psikologis guna membantu pasien dalam meningkatkan kemampuan diri dan keterlibatan pasien dalam *self-care management*.

Kata Kunci : Hemodialisis, Resiliensi, *Self-Care Management*
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ABSTRACT

Patients with chronic kidney disease (CKD) must undergo hemodialysis routinely throughout their lives with a frequency of 2-3 times per week for 4-5 hours. The patient's dependence on hemodialysis results in various changes in his life, to deal with these changes, the ability to self-care or self-care management is needed. Resilience is a factor that can affect self-care management of hemodialysis patients because it can make patients think positively and optimistically so that patients can get up and try to undergo treatment. The purpose of this study was to determine the relationship between resilience and self-care management in hemodialysis patients at Al-Ihsan Hospital Bandung.

The research method used is descriptive correlation with a cross-sectional approach. The total population in this study were 180 hemodialysis patients and obtained as many as 65 patients with purposive sampling technique with inclusion criteria undergoing HD > 6 months, aged 19-60 years, routinely undergoing HD 2 times a week. Data collection using the CD-RISC instrument for resilience and hemodialysis patients' self-care measurement scale for self-care management, data analysis using frequency distribution and Spearman rank correlation test.

The results showed that almost all hemodialysis patients (84.6%) had high resilience and most (75.4%) had high self-care management. Correlation test results obtained p -value 0.001 ($\alpha < 0.05$) then H_a is accepted, meaning that there is a relationship between resilience and self-care management in hemodialysis patients at Al-Ihsan Hospital Bandung. Based on the results of the study, nurses are expected to be able to provide psychological support to assist patients in improving self-efficacy and patient involvement in self-care management.

Keywords : Hemodialysis, Resilience, Self-Care Management

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