

ABSTRAK

Haus merupakan gejala *End Stage Renal Disease* (ESRD) dengan prevalensi 30,9%- 95,0% pada pasien yang menjalani hemodialisis. Haus adalah sensasi kekeringan di mulut dan tenggorokan terkait keinginan untuk cairan yang dapat ditangani dengan mengunyah permen karet dan kumur air matang dimana intervensi ini murah, ekonomis, praktis, mudah dibawa kemana-mana dan dapat ditoleransi pasien hemodialisis.

Tujuan penelitian untuk mengetahui perbandingan efektivitas mengunyah permen karet dengan kumur air matang terhadap tingkat haus pada pasien yang menjalani hemodialisis.

Jenis penelitian *Quasy experiment* dengan *pretest posttest two group*. Populasi yakni pasien hemodialisis di RSUD Majalaya sebanyak 158, dengan sampel 36 pasien, teknik sampling *purposive sampling*. Instrumen menggunakan *Thirst Distress Scale* (TDS). Analisa menggunakan analisa univariat dengan distribusi frekuensi dan bivariat dengan uji *Paired T-Test* dan uji *Wilcoxon*, serta uji *Independent T-Test*.

Hasil menunjukkan ada pengaruh signifikan mengunyah permen karet terhadap tingkat haus dengan p-value 0.000. Ada pengaruh signifikan kumur air matang terhadap tingkat haus dengan p-value 0,001. Ada perbedaan signifikan mengunyah permen karet dengan kumur air matang terhadap tingkat haus dengan p-value 0,007. Mengunyah permen karet lebih efektif menurunkan tingkat haus karena merangsang sekresi saliva 2x lipat sehingga menurunkan sensasi haus. Penelitian ini diharapkan dijadikan dasar penyusunan prosedur operasional manajemen haus dengan mengunyah permen karet pada pasien hemodialisis.

Kata Kunci : Kumur Air Matang, Mengunyah Permen Karet, Penyakit Ginjal Kronik (PGK), Tingkat Haus

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ABSTRACT

Thirst is a symptom of End Stage Renal Disease (ESRD) with a prevalence of 30.9% to 95.0% in patients undergoing hemodialysis. Thirst is a dry sensation in the mouth and throat related to the desire for fluids which can be treated by chewing gum and gargling boiled water where these interventions are cheap, economical, practical, easy to carry everywhere and can be tolerated by hemodialysis patients.

The purpose of this study was to compare the effectiveness of chewing gum with boiled water gargle on the level of thirst in patients undergoing hemodialysis.

The type of research is Quasy experiment with two group pretest posttest. The population is 158 hemodialysis patients at Majalaya Hospital, with a sample of 36 patients, purposive sampling technique. The instrument uses the Thirst Distress Scale (TDS). Analysis using univariate analysis with frequency distribution and bivariate with Paired T-Test test and Wilcoxon test, as well as Independent T-Test.

The results showed that there was a significant effect of chewing gum on the level of thirst with a p-value of 0.000. There is a significant effect of gargling boiled water on the level of thirst with a p-value of 0.001. There was a significant difference between chewing gum and gargling boiled water on the level of thirst with a p-value of 0.007. Chewing gum is more effective in reducing thirst because it stimulates salivary secretion twice so that it can reduce the sensation of thirst. This study is expected to be used as the basis for preparing operational procedures for thirst management by chewing gum in hemodialysis patients.

Keyword : Chewing Gum, Chronic Kidney Disease (CKD), Gargling boiled Water, Thirst Levels

Bibliography : 14 Books (2015-2021)
60 Journals (2011-2021)