

ABSTRAK

Perubahan yang timbul pada pasien penyakit ginjal kronis yang menjalani hemodialisis sebagai dampak dari penyakit tersebut adalah adanya perubahan psikologis dan klinis. Perubahan klinis salah satunya pasien akan mengalami *Restless leg syndrome (RLS)*. Adanya masalah RLS tersebut menyebabkan terjadinya penurunan kualitas hidup. Salah satu penanganan RLS adalah *intradialytic streching exercise*. Tujuan penelitian ini untuk mengetahui pengaruh *intradialytic streching exercise* terhadap tingkat *Restless leg syndrome* pasien yang menjalani hemodialisis di RSUD Kota Bandung.

Desain penelitian berupa pre-eksprimen dengan rancangan yang digunakan adalah *one group pre test and posttest design*. Populasi sebanyak 57 orang, sampel yang digunakan sebanyak 15 orang dengan teknik pengambilan sampel yaitu *purposive sampling*. Pengumpulan data dilakukan dengan cara pemberian kuesioner *International Restless Leg Syndrome Scale*. Intervensi dilakukan selama 30 menit dilakukan 3 kali dalam seminggu selama 2 minggu. Analisis data menggunakan analisis univariat berupa distribusi frekuensi dan analisis bivariat berupa uji Wilcoxon.

Hasil penelitian didapatkan sebelum dilakukan *Intradialytic Streching Exercise* lebih dari setengahnya (66,7%) mengalami tingkat RLS parah, setelah dilakukan *Intradialytic Streching Exercise* hampir setengahnya (46,7%) mengalami tingkat RLS sedang dan Terdapat pengaruh *intradialytic streching exercise* terhadap tingkat RLS pasien yang menjalani hemodialisis ($p\text{-value } 0,001 < 0,05$).

Intradialytic streching exercise bisa meningkatkan sirkulasi pada otot dan dopamine yang akan memfasilitasi penyediaan nutrisi ke sel dan memperbesar luas permukaan kapiler sehingga meningkatkan perpindahan urea dan toksin dari jaringan ke vaskuler dan akhirnya keluhan berkurang. Saran bagi rumah sakit bisa menjadikan *Intradialytic streching exercise* sebagai salah satu intervensi dalam menangani masalah RLS.

Kata kunci : Hemodialisis, *Intradialytic streching exercise Restless Leg Syndrome*.

Daftar Pustaka : 41 Buku (tahun 2016-2019)
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ABSTRACT

Changes that arise in chronic kidney disease patients undergoing hemodialysis as a result of the disease are psychological and clinical changes. One of the clinical changes is that the patient will experience Restless Leg Syndrome (RLS). The existence of the RLS problem causes a decrease in the quality of life. One of the treatments for RLS is intradialytic stretching exercise. The purpose of this study was to determine the effect of intradialytic stretching exercise on the level of Restless leg syndrome in patients undergoing hemodialysis at the RSUD Kota Bandung.

The research design was in the form of a pre-experiment with the design used was one group pre-test and post-test design. The population is 57 people, the sample used is 15 people with a sampling technique that is purposive sampling. Data was collected by administering the International Restless Leg Syndrome Scale questionnaire. The intervention was carried out for 30 minutes 3 times a week for 2 weeks. Data analysis used univariate analysis in the form of frequency distribution and bivariate analysis in the form of Wilcoxon test.

The results obtained before the Intradialytic Stretching Exercise was performed more than half (66.7%) experienced a severe level of RLS, after doing Intradialytic Stretching Exercise less than half (46.7%) experienced a moderate RLS level and There was an effect of intradialytic stretching exercise on the patient's RLS level. who underwent hemodialysis ($p\text{-value } 0.001 < 0.05$).

Intradialytic stretching exercise can increase circulation in muscles and dopamine which will facilitate the provision of nutrients to cells and increase the capillary surface area thereby increasing the transfer of urea and toxins from the tissue to the vascular and ultimately reducing complaints. Suggestions for hospitals can make Intradialytic stretching exercise as an intervention in dealing with RLS problems.

Keywords : Hemodialysis, Intradialytic stretching exercise, Restless Leg Syndrome.

Bibliography : 41 Books (2016-2019)
22 Journals (2015-2019)