

ABSTRAK

Kualitas hidup merupakan keadaan dimana seseorang mendapatkan kepuasan dan kenikmatan dalam kehidupan sehari-hari. Kualitas hidup itu menyangkut kesehatan fisik, mental yang berarti jika seseorang sehat secara fisik dan mental maka seseorang tersebut akan mencapai suatu kepuasan dalam hidupnya. Ada pun faktor-faktornya yang meliputi social demografi yaitu jenis kelamin, umur, suku atau etnik, pendidikan, pekerjaan, *self-management* dan status perkawinan dan tindakan medis yaitu lama menjalani hemodialisa, stadium penyakit, dan penatalaksanaan medis yang dijalani. *Self-management* merupakan sebuah prosedur pembelajaran bagi pasien yang memfokuskan untuk pengobatan dan merupakan terapi yang relative murah untuk meningkatkan derajat kesehatan orang dewasa dan pada penderita penyakit kronis (Peng et al., 2019). Tujuannya mengetahui hubungan *self-management* dengan kualitas hidup pada pasien yang menjalani hemodialisis Di RSUD Al-Ihsan. Metode penelitian adalah kuantitatif pendekatan *cross sectional* dengan tehnik pengamiran sampel *consecutive sampling* dan mendapatkan jumlah sampel sebanyak 62 responden, dengan menggunakan analisis univariat dan bivariate dalam analisis bivariate menunakan pengujian *Spearman Rank*. Hasil didapatkan bahwa untuk *Self-mangement* baik sebanyak 43 responden (69,4%) dan Kualitas hidup sangat baik sebanyak 32 responden (51,6%). Hasil didapatkan bahwa hampir sebagian pasien hemodialisis memiliki *Sel-management* yang baik dan kualitas hidup sebagian sangat baik, hasil analisis didapatkan nilai P-value sebesar $0,000 < 0,05$ dengan nilai koefisien sebesar 0,551. Hasil dapat disimpulkan bahwa terdapat hubungan antara *self-management* dengan kualitas hidup pada pasien yang menjalani hemodialisis di RSUD Al-Ihsan. Diharapkan kepada perawat lebih memerhatikan kembali kepada pasien hemodialisis yang baru melaksanakan perawatan hemodialisis.

Kata Kunci : Kualitas Hidup, Self-Management, Hemodialisis

Sumber : Buku (7)

Jurnal (25)

ABSTRACT

Quality of life is a state in which a person gets satisfaction and enjoyment in everyday life. The quality of life involves physical and mental health, which means that if a person is physically and mentally healthy, that person will achieve satisfaction in his life. There are also factors that include social demographics, namely gender, age, ethnicity or ethnicity, education, occupation, self-management and marital status and medical actions, namely the length of hemodialysis, disease stage, and medical management. Self-management is a learning procedure for patients that focuses on treatment and is a relatively inexpensive therapy to improve the health status of adults and people with chronic diseases (Peng et al., 2019). The aim is to determine the relationship between self-management and quality of life in patients undergoing hemodialysis at Al-Ihsan Hospital. The research method is a quantitative cross-sectional approach with consecutive sampling technique and obtained a total sample of 62 respondents, using univariate and bivariate analysis in bivariate analysis using the Spearman Rank test. The results showed that for good self-management as many as 43 respondents (69.4%) and very good quality of life as many as 32 respondents (51.6%). The results showed that almost most hemodialysis patients had good cell-management and some quality of life was very good, the results of the analysis obtained a P-value of $0.000 < 0.05$ with a coefficient value of 0.551. The results can be concluded that there is a relationship between self-management and quality of life in patients undergoing hemodialysis at Al-Ihsan Hospital. It is hoped that nurses will pay more attention to hemodialysis patients who have just carried out hemodialysis treatment.

Keywords : Quality of Life, Self-Management, Hemodialysis

Source : Books (7)

Journal (25)