HUBUNGAN STATUS NUTRISI DENGAN KUALITAS HIDUP PASIEN HEMODIALISIS DI UNIT DIALISIS RSUD MAJALAYA KABUPATEN BANDUNG

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ABSTRAK

Pendahuluan : Penyakit ginjal kronik (PGK) tahap akhir merupakan masalah kesehatan global yang terus meningkat, dengan hemodialisis sebagai terapi pengganti ginjal utama di Indonesia. Hemodialisis sering menyebabkan gangguan status nutrisi berupa malnutrisi protein-energi akibat restriksi diet, kehilangan nutrisi selama dialisis, serta inflamasi kronis. Malnutrisi ini berdampak negatif terhadap kualitas hidup pasien, mencakup domain fisik, mental, dan sosial. **Tujuan :** Penelitian ini bertujuan untuk mengetahui hubungan antara status nutrisi dengan kualitas hidup pasien hemodialisis di Unit Dialisis RSUD Majalaya Kabupaten Bandung. **Metode :** Penelitian menggunakan desain kuantitatif korelasional dengan pendekatan cross-sectional. Populasi berjumlah 155 pasien hemodialisis rutin tahun 2025 di RSUD Majalaya. Sampel sebanyak 113 orang dipilih menggunakan teknik simple random sampling dengan rumus Slovin. Status nutrisi diukur dengan instrumen Dialysis Malnutrition Score (DMS), sedangkan kualitas hidup diukur menggunakan Kidney Disease Quality of Life Short Form (KDQOL-SF). Analisis data dilakukan dengan uji korelasi Spearman Rho dan Chi-Square. **Hasil :** Sebagian besar responden memiliki status nutrisi baik (60,2%) dan kualitas hidup baik (61,1%). Terdapat hubungan negatif sangat kuat dan signifikan antara status nutrisi dengan kualitas hidup ($r = -0,835$; $p = 0,000$). Seluruh pasien dengan malnutrisi berat (100%) memiliki kualitas hidup rendah. **Kesimpulan :** Terdapat hubungan signifikan antara status nutrisi dengan kualitas hidup pada pasien hemodialisis di Unit Dialisis RSUD Majalaya. Semakin buruk status nutrisi, semakin rendah kualitas hidup pasien. Screening nutrisi rutin dan intervensi gizi dini direkomendasikan untuk meningkatkan kualitas hidup pasien.

Kata Kunci : *Dialysis Malnutrition Score*, hemodialisis, KDQOL-SF, kualitas hidup, status nutrisi
Sumber : 46 Referensi (2015-2025)

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND QUALITY OF LIFE IN HEMODIALYSIS PATIENTS AT THE DIALYSIS UNINT OF RSUD MAJALAYA BANDUNG REGENCY

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ABSTRACT

Introduction : *End-stage chronic kidney disease is a growing global health problem, with hemodialysis as the primary renal replacement therapy in Indonesia. Hemodialysis often leads to nutritional disorders in the form of protein-energy malnutrition due to dietary restrictions, nutrient loss during dialysis, and chronic inflammation. This malnutrition negatively impacts patients' quality of life, encompassing physical, mental, and social domains.* ***Objective :*** *This study aims to determine the relationship between nutritional status and quality of life in hemodialysis patients at the Dialysis Unit of RSUD Majalaya Bandung Regency.* ***Methods :*** *The study employed a correlational quantitative design with a cross-sectional approach. The population consisted of 155 routine hemodialysis patients in 2025 at RSUD Majalaya. A sample of 113 participants was selected using simple random sampling with the Slovin formula. Nutritional status was measured using the Dialysis Malnutrition Score (DMS) instrument, while quality of life was assessed with the Kidney Disease Quality of Life Short Form (KDQOL-SF). Data analysis was performed using Spearman's Rho correlation test and Chi-Square test.* ***Results :*** *The majority of respondents had good nutritional status (60.2%) and good quality of life (61.1%). There was a very strong and significant negative relationship between nutritional status and quality of life ($r = -0.835$; $p = 0.000$). All patients with severe malnutrition (100%) had low quality of life.* ***Conclusion :*** *There is a significant relationship between nutritional status and quality of life in hemodialysis patients at the Dialysis Unit of RSUD Majalaya. The worse the nutritional status, the lower the patients' quality of life. Routine nutritional screening and early nutritional interventions are recommended to improve patients' quality of life.*

Keywords *: Dialysis Malnutrition Score, hemodialysis, KDQOL-SF, nutritional status, quality of life*
Sources : 46 References (2015-1025)