

**PERBEDAAN KUALITAS HIDUP PADA PASIEN PENYAKIT GINJAL  
KRONIS YANG MENJALANI TERAPI HEMODIALISIS BERDASARKAN  
STRATEGI KOPING: *PROBLEM FOCUS COPING* DAN *EMOTIONAL  
FOCUS COPING* DI RS PKU MUHAMMADIYAH YOGYAKARTA**

Wahyu Sunyoko<sup>1</sup>, Miftafu Darussalam<sup>2</sup>  
Email: [wsunyoko@gmail.com](mailto:wsunyoko@gmail.com)

**INTISARI**

**Latar belakang:** Pasien penyakit ginjal kronis (PGK) yang menjalani terapi hemodialisis akan mengalami dampak perubahan dalam hidupnya. Perubahan tersebut terjadi pada empat dimensi kualitas hidup, mulai dari dimensi fisik, psikologis, hubungan sosial dan lingkungan. Untuk mempertahankan kualitas hidup pada pasien PGK perlu adanya strategi koping yang tepat bagi pasien.

**Tujuan:** Tujuan penelitian ini adalah untuk mengetahui adakah perbedaan kualitas hidup pasien PGK yang menjalani hemodialisis berdasarkan strategi koping: PFC dan EFC di RS PKU Muhammadiyah Yogyakarta.

**Metode:** Penelitian ini berjenis kuantitatif uji komparatif dan metode pendekatan *cross sectional*. Responden penelitian ini adalah pasien hemodialisis aktif di RS PKU Muhammadiyah Yogyakarta yaitu sebanyak 55 responden yang di tetapkan dengan teknik *purposive sampling*. Kuesioner yang digunakan adalah WHOQOL-BREF dan COPE SCALE yang sudah di uji validitas dan reliabilitas. Uji analisis dilakukan menggunakan uji komparatif Independent t-test.

**Hasil:** Hasil penelitian ini tidak terdapat perbedaan kualitas hidup pada pasien PGK yang menjalani hemodialisis berdasarkan strategi koping PFC dan EFC di RS PKU Muhammadiyah Yogyakarta, dengan *p sig* (2-tailed) >0,05 yaitu 0,411.

**Kesimpulan:** Tidak terdapat perbedaan kualitas hidup pada pasien PGK yang menjalani hemodialisis berdasarkan strategi koping: PFC dan EFC di RS PKU Muhammadiyah Yogyakarta. Penelitian ini selanjutnya dapat dikembangkan untuk meneliti perbedaan kualitas hidup berdasarkan strategi koping pada penyakit kronik lainnya.

**Kata kunci:** Kualitas hidup, Strategi koping, Hemodialisis

<sup>1</sup>Mahasiswa Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

**THE DIFFERENCES IN QUALITY OF LIFE IN CHRONIC KIDNEY  
DISEASE PATIENTS UNDERGOING HEMODIALYSIS THERAPY BASED  
ON COPING STRATEGIES: PROBLEM FOCUS COPING AND  
EMOTIONAL FOCUS COPING AT PKU MUHAMMADIYAH  
YOGYAKARTA HOSPITAL**

Wahyu Sunyoko<sup>1</sup>, Miftafu Darussalam<sup>2</sup>  
Email: [wsunyoko@gmail.com](mailto:wsunyoko@gmail.com)

**ABSTRACT**

**Background:** Chronic kidney disease patients (*Pasien penyakit ginjal kronis / PGK*) undergoing hemodialysis therapy will experience the impact of changes in their lives. These changes occur in the four dimensions of quality of life, ranging from the physical, psychological, social relationship and environmental dimensions. To maintain the quality of life in PGK patients, there needs to be the right coping strategies for the patients.

**Purpose:** The purpose of this study is to find out whether there are differences in the quality of life of PGK patients undergoing hemodialysis based on coping strategies: PFC and EFC at PKU Muhammadiyah Yogyakarta Hospital.

**Method:** This research is a quantitative type of comparative test and a cross sectional approach method. The respondents of this study were active hemodialysis patients at PKU Muhammadiyah Yogyakarta Hospital, which were as many as 55 respondents who were selected with purposive sampling technique. The questionnaires used were WHOQOL-BREF and COPE SCALE which have been tested for validity and reliability. The analysis test was conducted using the independent comparative t-test.

**Results:** The result of this study was there were no differences in the quality of life in PGK patients undergoing hemodialysis based on PFC and EFC coping strategies at PKU Muhammadiyah Yogyakarta Hospital, with  $p \text{ sig (2-tailed)} > 0.05$  which was 0.411.

**Conclusion:** There is no difference in the quality of life in PGK patients undergoing hemodialysis based on coping strategies: PFC and EFC at PKU Muhammadiyah Yogyakarta Hospital. This research can then be developed to examine differences in quality of life based on coping strategies in other chronic diseases.

**Keywords:** Quality of life, Coping Strategies, Hemodialysis

<sup>1</sup> Student of Nursing Study Program of Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup> Lecturer of Nursing Study Program of Universitas Jenderal Achmad Yani Yogyakarta