

HUBUNGAN LAMA MENJALANI HEMODIALISIS DENGAN TINGKAT DEPRESI PADA PASIEN PENYAKIT GINJAL KRONIK DI RSUD WATES

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INTISARI

Latar Belakang: Penderita penyakit ginjal kronik terus mengalami peningkatan diikuti dengan pertambahan jumlah penderita penyakit ginjal kronik yang aktif menjalani terapi hemodialisis. Hemodialisis merupakan terapi sebagai pengganti fungsi ginjal dan harus dijalani seumur hidup. Lamanya terapi yang harus dilakukan akan menimbulkan hilangnya harapan dan keterbatasan fisik akan berdampak pada timbulnya masalah ekonomi. Hal tersebut akan memicu munculnya depresi.

Tujuan : Penelitian ini dilakukan untuk mengidentifikasi hubungan lama menjalani hemodialisis dengan tingkat depresi pada pasien penyakit ginjal kronik di RSUD Wates.

Metode : Penelitian ini merupakan penelitian kuantitatif analitik korelasi dengan pendekatan *Cross Sectional*. Populasi penelitian ini adalah semua pasien penyakit ginjal kronik yang menjalani hemodialisis di RSUD Wates. Sampling yang digunakan sebanyak 30 responden. Penilaian tingkat depresi menggunakan kuesioner *Back Depression Inventory II (BDI)*. Analisis statistik yaitu menggunakan analisis univariat dan bivariate. **Hasil :** Tingkat depresi yang dialami oleh pasien penyakit ginjal kronik yang menjalani hemodialisis di RSUD Wates paling banyak adalah depresi minimal sebesar 18 (60%) responden. Rata-rata lama menjalani hemodialisis responden yaitu 42,8 bulan. Berdasarkan hasil korelasi hubungan didapatkan p value sebesar $P > 0,05$ ($p = 0,125$) dan nilai keeratan $-0,287$.

Kesimpulan : Tidak terdapat hubungan antara lama menjalani hemodialisis dengan tingkat depresi pada pasien penyakit ginjal kronik.

Kata Kunci : Lama Menjalani Hemodialisis, Depresi, Penyakit Ginjal Kronik

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CORRELATION BETWEEN LONG RUNNING HEMODIALYSIS AND DEPRESSION LEVELS IN CHRONIC KIDNEY PATIENT PATIENTS IN WATES REGIONAL HOSPITAL

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ABSTRACT

Background: Patients with chronic kidney disease continue to increase followed by an increase in the number of chronic kidney disease sufferers who are actively undergoing hemodialysis therapy. Hemodialysis is a therapy as a substitute for kidney function and must be lived for a lifetime. The duration of therapy that must be done will cause loss of hope and physical limitations will have an impact on economic problems. This will trigger the emergence of depression.

Objective: This study was conducted to identify the correlation between the length of undergoing hemodialysis and the level of depression in patients with chronic kidney disease at Wates Regional Hospital.

Method: This study is a quantitative analytic correlation study with a cross-sectional approach. The population of this study were all patients with chronic kidney disease who underwent hemodialysis at Wates regional hospital. Sampling used by 30 respondents. Depression level assessment uses the Back Depression Inventory II (BDI) questionnaire. Statistical analysis uses univariate and bivariate analysis.

Results: The level of depression experienced by patients with chronic kidney disease undergoing hemodialysis at Wates Regional Hospital was at most depressed at a minimum of 18 (60%) respondents. The average length of respondent hemodialysis was 42.8 months. Based on the correlation results obtained p value of $P > 0.05$ ($p = 0.125$) and the closeness value of -0.287.

Conclusion: There is no correlation between the length of undergoing hemodialysis and the levels of depression in patients with chronic kidney disease.

Keywords: Long undergoing Hemodialysis, Depression, Chronic Kidney Disease

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