

HUBUNGAN TINGKAT DEPRESI DENGAN KUALITAS HIDUP PASIEN PENYAKIT GINJAL KRONIS *COMORBID* DIABETES MELITUS DI RUANG HEMODIALISIS RSUD WATES

Yusluvita¹, Muhamat Nofiyanto²

Email : yusluvita06@gmail.com

INTISARI

Latar Belakang : Penyebab PGK terbanyak adalah nefropati diabetik. Pasien PGK yang menjalani hemodialisis sering mengalami depresi.

Tujuan Penelitian : Mengetahui hubungan tingkat depresi dengan kualitas hidup pasien penyakit ginjal kronis dengan *comorbid* diabetes melitus di ruang hemodialisis RSUD Wates

Metode Penelitian : Jenis penelitian ini adalah penelitian kuantitatif non eksperimental (korelasional) dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *total sampling* yaitu 22 pasien. Instrumen penelitian ini adalah kuesioner BDI-II dan KDQOL SFTM-36. Hasil penelitian dianalisis dengan menggunakan uji *Pearson*.

Hasil Penelitian : Tingkat depresi pasien PGK *comorbid* diabetes melitus diperoleh hasil sebagian besar responden pada tingkat depresi minimal 50,0%. Kualitas hidup domain *physical component summary* kualitas hidup buruk 95,5%, *mental component summary* kualitas hidup baik 54,5%, *burden of kidney disease* kualitas hidup buruk 63,6%, *symptoms and problem* kualitas hidup baik 72,7%, *effect of kidney in daily life* kualitas hidup baik 77,3%. Terdapat hubungan tingkat depresi dengan kualitas hidup pasien PGK pada domain *mental component summary* (*p-value* 0,008), *symptoms and problem* (*p-value* 0,033).

Kesimpulan : Terdapat hubungan antara tingkat depresi dengan kualitas hidup domain *mental component summary*, dan domain *symptoms and problem* pada pasien PGK *comorbid* diabetes melitus di ruang hemodialisis RSUD Wates.

Kata Kunci : Depresi, Diabetes Melitus, Kualitas Hidup, Penyakit Ginjal Kronis

¹Mahasiswa Ilmu Keperawatan Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Program Studi Ners Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

**THE CORRELATION BETWEEN THE DEPRESSION LEVEL AND
QUALITY OF LIFE OF PATIENTS WITH CHRONIC KIDNEY
DISEASE AND COMORBID DIABETES MELLITUS
IN HEMODIALYSIS ROOM AT RSUD WATES**

Yusluvita¹, Muhamat Nofiyanto²
Email: yusluvita06@gmail.com

ABSTRACT

Background: The highest number of the cause of PGK (*Penyakit Ginjal Kronis/* Chronic Kidney Disease) is diabetic nephropathy. PGK patients who take hemodialysis often endure depression.

Research Objective: The research aims at finding out the correlation between depression level and quality of life of patients with chronic kidney disease and comorbid diabetes mellitus in hemodialysis room at RSUD Wates.

Research Method: This research was quantitative non-experimental (correlational) with cross-sectional approach. The sample was taken with total sampling technique which was 22 patients. The research instruments were questionnaires of BDI-II and KDQOL SF™-36. The result of the research was analyzed with Pearson test.

Research Result: From the analysis of the depression level of patients with PGK and comorbid diabetes mellitus, there is a result showing that most of the respondents are in the minimum depression level of 50.0%. The quality of life of domain of physical component summary of bad quality of life is 95.5%, mental component summary of good quality of life is 54.5%, burden of kidney disease of bad quality of life is 63.6%, symptoms and problem of good quality of life is 72.7%, effect of kidney in daily life of good quality of life is 77.3%. There is a correlation between depression level and the quality of life of PGK patients in the domain of mental component summary (p-value of 0.008), and symptoms and problem (p-value of 0.033).

Conclusion: There is a correlation between depression level and the quality of life of the domain of mental component summary, and the domain of symptoms and problem in patients with PGK and comorbid diabetes mellitus in hemodialysis room at RSUD Wates.

Keywords: Depression, Diabetes Mellitus, Quality of Life, Chronic Kidney Disease.

¹ A Student of Nursing Science of Health Faculty of Universitas Jenderal Ahmad Yani Yogyakarta

² A Lecturer of Nurse Study Program of Health Faculty of Universitas Jenderal Ahmad Yani Yogyakarta