

HUBUNGAN STATUS GIZI DENGAN KUALITAS HIDUP PASIEN GAGAL GINJLA KRONIK YANG MENJALANI HEMODIALISIS DI RSUD WATES

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INTISARI

Latar Belakang : Masalah yang sering terjadi pada pasien penyakit ginjal kronik dengan hemodialisa yaitu tingginya angka malnutrisi. Status gizi kurang pada pasien HD dapat menyebabkan terjadinya penurunan kualitas hidup pada pasien hemodialisis.

Tujuan Penelitian : Diketuainya hubungan status gizi dengan kualitas hidup pasien gagal ginjal kronik yang menjalani hemodialisis di RSUD Wates.

Metode Penelitian : Metode penelitian deskriptif korelasional dengan pendekatan *retrospective study*. Sampel diambil dengan teknik *purposive sampling* sebanyak 67 pasien gagal ginjal kronik yang menjalani hemodialisis di RSUD Wates. Instrumen penelitian menggunakan kuesioner. Hasil penelitian dianalisis dengan uji *Chi square*.

Hasil Penelitian : Karakteristik pasien gagal ginjal kronik di RSUD Wates adalah berada pada rentang usia 56-65 tahun (44,6%), bekerja sebagai petani (41,1%), berpendidikan SD (50%), berjenis kelamin laki-laki (51,8%), dan rata-rata telah menjalani hemodialisis selama 28,04 bulan. Status gizi pasien gagal ginjal kronik yang menjalani hemodialisis kategori berisiko malnutrisi (66,1%). Kualitas hidup pasien gagal ginjal kronik yang menjalani hemodialisis kategori buruk (53,6%). Hasil uji *chi square* diperoleh *p-value* sebesar 0,003 dengan koefisien kontingensi sebesar 0,365.

Kesimpulan : Ada hubungan antara status gizi dengan kualitas hidup pasien gagal ginjal kronik yang menjalani hemodialisis di RSUD Wates dengan keeratan hubungan kategori lemah.

Saran : Hasil penelitian ini diharapkan dapat memberikan informasi dan bukti ilmiah mengenai hubungan status gizi dengan kualitas hidup pasien gagal ginjal kronik yang menjalani hemodialisis.

Kata kunci : Status Gizi, Kualitas Hidup, Gagal Ginjal Kronik, Hemodialisis

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CORRELATION BETWEEN NUTRITIONAL STATUS WITH QUALITY OF LIFE OF CHRONIC KIDNEY DISEASES PATIENTS HAVING HEMODIALYSIS TREATMENT IN WATES

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ABSTRACT

Background: A common problem in chronic kidney disease patients having hemodialysis treatment is high rate of malnutrition. Low nutritional status in HD patients may lower quality of life of hemodialysis patients.

Research Purpose: To determine the corelation between nutritional status with quality of life of chronic kidney disease patients having hemodialysis treatment in Wates General Public Hospital.

Research Method: The research method was descriptive correlational with retrospective study approach. The sampling technique was purposive sampling performed on 56 chronic kidney failure patients having hemodialysis treatment in RSUD Wates. The research instrument was questionnaire. The research result was analyzed by *Chi square* test.

Research Result: The characteristics of chronic kidney failure patients in Wates general public hospital were 56-65 years old (44,6%), farmers (41,1%), elementary school educated (50%), male (51,8%), and on average had had hemodialysis treatment for 28,04 months. The nutritional status of chronic kidney failure patients with hemodialysis was at risk of malnutrition (66,1%). The life quality of chronic kidney failure patients having hemodialysis treatment was low (53,6%). The result of chi square test is p-value of 0,003 with contingency coefficient of 0,365.

Conclusion: There was relation between nutritional status and quality of life of chronic kidney failure patients having hemodialysis treatment in Wates General Public Hospital with weak relation.

Suggestion: The research result is expected to provide information and scientific evidence on the relation between nutritional status and quality of life of chronic kidney diseases patients having hemodialysis treatment in Wates General Public Hospital With Weak Relation.

Keywords : Nutritional Status, Quality of Life, Chronic Kidney Diseases, Hemodialysis

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