

Hubungan Dukungan Keluarga Dengan Kepatuhan Diet Asupan Cairan pada Pasien Penyakit Ginjal Kronik yang Menjalani Hemodialisa di RSUD Panembahan Senopati Bantul

Redha kafila¹, Miftafu Darussalam²
Email : redhakafilah066@gmail.com

INTISARI

Latar Belakang: Penyakit ginjal kronik (PGK) adalah kerusakan fungsi ginjal yang lambat dan progresif sehingga membuat ginjal tidak dapat mempertahankan metabolisme serta keseimbangan cairan. dukungan keluarga merupakan sikap, tindakan, dan penerimaan keluarga terhadap keluarga yang sakit ataupun yang sehat. Kepatuhan diet asupan cairan sangat mempengaruhi penatalaksanaan pasien yang menjalani hemodialisa, kelebihan cairan dalam tubuh pasien PGK dapat mengakibatkan pasien mengalami edema, hipertrofi ventrikel kiri.

Tujuan: Tujuan penelitian ini untuk mengetahui bagaimana hubungan dukungan keluarga dengan kepatuhan diet asupan cairan pada pasien penyakit ginjal kronik yang menjalani hemodialisa di RSUD Panembahan Senopati Bantul.

Motode: Penelitian ini menggunakan desain *deskriptif analitik correlational* dengan pendekatan *cross-sectional*. Teknik pengambilan sampel menggunakan teknik *consecutive sampling* dengan jumlah 67 responden. Data diambil dengan menggunakan kuesioner dukungan keluarga dan kuesioner kepatuhan diet asupan cairan. Analisis data yang digunakan adalah uji *Somers'D*.

Hasil: Ada hubungan antara dukungan keluarga dengan kepatuhan diet asupan cairan pada pasien penyakit ginjal kronik yang menjalani hemodialisa di RSUD Panembahan Senopati Bantul. Sebagian besar responden memiliki dukungan keluarga yang baik yaitu sebanyak 45 responden.(67.2%) dan sebagian besar responden memiliki kepatuhan diet asupan cairan kurang patuh sebanyak 36 responden (53.7%). Hasil uji *Somers'D* diperoleh tingkat signifikan sebesar P value = 0,00 < 0,05 dengan nilai koefisien korelasi sebesar 0,486 yang menunjukkan keeratan hubungan yang sedang.

Kesimpulan: Ada hubungan antara dukungan keluarga dengan kepatuhan diet asupan cairan pada pasien penyakit ginjal kronik yang menjalani hemodialisa di RSUD Panembahan Senopati Bantul.

Kata Kunci: Dukungan keluarga, Kepatuhan diet asupan cairan, Penyakit ginjal kronik

Relationship Between Family Support and Compliance with Fluid Intake Diet For Chronic Kidney Failure Patients Underwent Hemodialysis at Panembahan District Hospital In Bantul Senopati

Redha kafila¹, Miftafu Darussalam²
Email : redhakafilah066@gmail.com

ABSTRACT

Background: Chronic kidney disease (CKD) is a slow and progressive damage to kidney function that makes the kidneys unable to maintain metabolism and fluid balance. Family support is an attitude, action, and family acceptance of a sick or healthy family. Dietary fluid intake problems greatly affect the management of patients undergoing hemodialysis, excess fluid in the body of CKD patients can cause the patient to experience edema, left ventricular hypertrophy.

Objective: The purpose of this study was to determine the relationship between family support and compliance with dietary fluid intake in patients with chronic kidney disease undergoing hemodialysis at Panembahan Senopati Hospital, Bantul.

Method: This study used a *correlational analytic descriptive* design with a *cross-sectional* approach. The sampling technique used *consecutive sampling* technique with a total of 67 respondents. Data were collected using a family support questionnaire and a fluid intake diet compliance questionnaire. The data analysis used was the *Somers'D* test.

Result: There is a relationship between family support and dietary adherence to fluid intake in chronic kidney disease patients undergoing hemodialysis at Panembahan Senopati Bantul Hospital. The majority of respondents had good family support which was as many as 45 respondents. (67.2%) and most respondents had dietary adherence to less compliant fluid intake as much as 36 respondents (53.7%). Somers'D test results obtained a significant level of P value = $0.00 < 0.05$ with a correlation coefficient value of 0.486 which leads to the closeness of the moderate relationship.

Conclusion: There is a relationship between family support and compliance with dietary fluid intake in patients with chronic kidney disease undergoing hemodialysis at Panembahan Senopati Hospital, Bantul.

Keywords: Chronic kidney disease, Compliance with dietary fluid intake, Family support