

**GAMBARAN TINGKAT KECEMASAN PASIEN GAGAL GINJAL
KRONIS YANG MENJALANI HEMODIALISIS BERDASARKAN
KUESIONER ZUNG SELF-RATING ANXIETY SCALE
DI RSUD WATES TAHUN 2017**

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INTISARI

Latar Belakang: Data yang dirilis oleh Riskesdas 2013 di Indonesia penderita GJK sebanyak 0,2%. Prevalensi di DIY sebesar 0,3% dan di daerah Kulon Progo sebesar 0,3%. Gagal ginjal tergolong penyakit kronis yang memerlukan hemodialisis untuk mempertahankan hidup. Lama menjalani hemodialisis akan berdampak terhadap psikologis pasien. Pasien akan mengalami kecemasan yang jika tidak ditangani akan berubah menjadi gangguan cemas atau *anxiety disorders*.

Tujuan: Diketahui gambaran tingkat kecemasan pasien gagal ginjal kronik yang menjalani hemodialisis berdasarkan kuesioner *Zung Self Rating Anxiety Scale* di RSUD Wates.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif. Pengambilan sampel dengan menggunakan *purposive sampling* yang berjumlah 59 responden sesuai kriteria inklusi. Analisa data menggunakan *univariat*. Instrumen penelitian menggunakan kuesioner.

Hasil: Karakteristik responden terbanyak berjenis kelamin laki-laki 57,6%, bekerja sebagai wiraswasta 33,9%, masuk kedalam kelompok lansia akhir 42,4%, pendidikan terakhir SMA 50,8%, menjalani hemodialisa ≥ 6 bulan 89,8% dan sebagian besar masuk kategori cemas ringan 42,4%.

Kesimpulan: penelitian ini menggambarkan bahwa sebagian besar pasien gagal ginjal kronis yang menjalani hemodialisis di unit hemodialisa RSUD Wates mengalami cemas ringan. Saran bagi peneliti selanjutnya diharapkan dapat menggunakan kuesioner tingkat kecemasan lain yang dapat mewakili semua tanda-tanda kecemasan.

Kata Kunci: Tingkat Kecemasan, Gagal Ginjal Kronik, Hemodialisis.

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THE DESCRIPTION ABOUT ANXIETY LEVEL OF PATIENTS WITH CHRONIC RENAL FAILURE AND UNDER HEMODIALYSIS TREATMENT BASED ON ZUNG SELF-RATING ANXIETY SCALE QUESTIONNAIRE IN RSUD WATES 2017

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ABSTRACT

Background : Data released by Basic Health Study 2013 revealed that there were people in Indonesia affected by chronic renal failure as many as 0,2% of population. The prevalence in Yogyakarta province was 0,3% and 0,3% in Kulonprogo. Renal failure is categorized as chronic disease which needs hemodialysis treatment to maintain one's life. The length of hemodialysis treatment will affect patient's psychological aspect. Patient will experience anxiety which may result in anxiety disorder if no immediate treatment is given.

Objective : To identify The Description about Anxiety Level of patients with chronic renal failure and Under Hemodialysis Treatment Based On Zung Self-Rating Anxiety Scale Questionnaire

Method : This study was descriptive and quantitative. Sampling was carried out by applying purposive sampling technique to select 59 respondents in conformity with inclusion criteria. Data analysis applied univariate method. Study instrument was questionnaire.

Result : The majority of respondents' characteristic was male (57,6%), worked as entrepreneurs (33,9%), categorized as elderly with last stage of life (42,4%), last educational degree of senior high school (50,8%), under hemodialysis treatment for more than 6 months (89,8%), and mostly in the category of mild anxiety (42,4%).

Conclusion : This study described that most of patients with chronic renal failure and under hemodialysis treatment in hemodialysis unit of Wates general hospital were affected by mild anxiety. Researchers in the future are supposed to use other types of questionnaire about anxiety level to represent all symptoms of anxiety.

Keywords : Anxiety Level, Chronic Renal Failure, Hemodialysis.

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