

HUBUNGAN BEBAN DENGAN KUALITAS HIDUP *FAMILY CAREGIVER* DALAM MERAWAT PASIEN HEMODIALISIS DI RSUD PANEMBAHAN SENOPATI BANTUL

Nur Indahsari S. Hamir¹, Ike Wuri Winahyu Sari²
Email: nurindahsarisari8@gmail.com

INTISARI

Latar Belakang: Peran *family caregiver* sangat penting bagi pasien Gagal Ginjal Kronis (GGK) yang menjalani hemodialisis, terutama dalam memenuhi kebutuhan sehari-hari. Namun, durasi perawatan yang panjang dan komplikasi pengobatan sering menimbulkan beban, yang akhirnya dapat mempengaruhi kualitas hidup *family caregiver*.

Tujuan: Mengetahui hubungan beban dengan kualitas hidup *family caregiver* dalam merawat pasien hemodialisis di RSUD Panembahan Senopati Bantul

Metode: Penelitian ini adalah kuantitatif *non-eksperimental*, dengan desain deskriptif korelatif dan pendekatan *cross-sectional*. Sampel terdiri dari 52 *family caregiver* yang merawat pasien hemodialisis di RSUD Panembahan Senopati Bantul, yang diambil dengan teknik *purposive sampling*. Instrumen yang digunakan adalah kuesioner *Caregiver Reaction Assesment* Versi Indonesia (CRA- ID), dan *The World Health Organization Quality Of Life (WHOQOL)-BREF* Versi Indonesia yang telah teruji validitas dan reliabilitas. Analisis data menggunakan uji *Pearson Correlation*.

Hasil: Penelitian ini menunjukkan hubungan signifikan antara beban dan kualitas hidup *family caregiver* pasien hemodialisis di RSUD Panembahan Senopati Bantul ($p < 0,001$; $r = -0,439$) dengan kekuatan korelasi sedang.

Kesimpulan: Adanya hubungan signifikan antara beban dan kualitas hidup *family caregiver*, maka diperlukan dukungan psikologis dan edukasi, seperti kelompok dukungan atau konseling, yang bertujuan untuk mengurangi beban dan meningkatkan kualitas hidup mereka.

Kata Kunci: Beban *family caregiver*, Kualitas hidup *family caregiver*, Hemodialisis, Gagal ginjal kronis.

¹Mahasiswa Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

THE CORRELATION BETWEEN BURDEN AND QUALITY OF LIFE AMONG FAMILY CAREGIVERS IN CARING FOR HEMODIALYSIS PATIENTS AT PANEMBAHAN SENOPATI BANTUL HOSPITAL

Nur Indahsari S. Hamir¹, Ike Wuri Winahyu Sari²
Email: nurindahsarisari8@gmail.com

ABSTRACT

Background: The role of family caregivers is crucial for patients with chronic kidney disease (CKD) undergoing hemodialysis, especially meeting their daily needs. However, the long duration of care and treatment complications often lead to caregiver burden, which can ultimately affect their quality of life.

Objective: To determine the correlation between the burden and quality of life of family caregivers in caring for hemodialysis patients at Panembahan Senopati Bantul Hospital.

Method: This research is a non-experimental study with a descriptive-correlational design and a cross-sectional approach. The sampel consistend 52 family caregivers of hemodialysis patients at Panembahan Senopati Bantul Hospital selected through purposive sampling. The instruments used were the Indonesian versions of the Caregiver Reaction Assessment (CRA-ID) and the World Health Organization Quality of Life (WHOQOL-BREF) questionnaire, both of which have been validated and tested for reliability. Data analysis was conducted using the pearson correlation test

Results: The study found a significant correlation between caregiver burden and quality of life, with a p-value <0.001 and a correlation coefficient of -0.439, indicating a moderate negative correlation.

Conclusion: There is a significant correlational between burden and the quality of life among family caregivers, it is crucial to provide support to family caregivers of hemodialysis patients. Therefore psychological support and education, such as support groups or counselling, are needed to reduce burden and improve their quality of life.

Keywords: Family caregiver burden, Family caregiver quality of life, Hemodialysis, Chronic kidney disease.

¹Student, Nursing Study Program, Universitas Jenderal Achmad Yani Yogyakarta

²Lecturer, Nursing Study Program, Universitas Jenderal Achmad Yani Yogyakarta