

## TINGKAT KELELAHAN PASIEN GAGAL GINJAL KRONIS YANG MENJALANI HEMODIALISA

Reikha Hafizha Balqis<sup>1</sup>, Wenny Savitri<sup>2</sup>  
Email : [reikhahafizhabqs@gmail.com](mailto:reikhahafizhabqs@gmail.com)

### INTISARI

**Latar Belakang:** Pasien gagal ginjal kronik yang menjalani hemodialisa sering mengalami kelelahan yang mempengaruhi kualitas hidup mereka. Kelelahan bisa disebabkan oleh faktor fisiologis, psikologis, maupun sosial.

**Tujuan:** Mengetahui tingkat kelelahan pasien gagal ginjal kronik yang menjalani hemodialisa di RS PKU Muhammadiyah Yogyakarta serta mengidentifikasi hubungannya dengan karakteristik demografis dan klinis.

**Metode:** Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan cross sectional. Jumlah responden sebanyak 72 pasien yang dipilih menggunakan teknik purposive sampling. Instrumen yang digunakan adalah kuesioner FACIT-Fatigue Scale. Analisis data dilakukan menggunakan distribusi frekuensi dan tabulasi silang.

**Hasil:** Sebanyak 68,1% pasien mengalami kelelahan. Kelelahan lebih banyak terjadi pada pasien berusia dewasa akhir (65,0%), laki-laki (66,7%), tidak bekerja (70,5%), lulusan SMA (77,4%), tinggal bersama keluarga (69,0%), dan yang menjalani hemodialisa  $\leq$  8 bulan (100%).

**Kesimpulan:** Mayoritas pasien gagal ginjal kronik yang menjalani hemodialisa mengalami kelelahan, dengan berbagai faktor yang dapat berkontribusi. Hasil ini diharapkan menjadi masukan untuk intervensi keperawatan dalam mengelola kelelahan pasien hemodialisa.

**Kata Kunci:** Gagal ginjal kronik, hemodialisa, kelelahan, FACIT-Fatigue Scale

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<sup>1</sup>Mahasiswa Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

## FATIGUE LEVEL OF CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS

Reikha Hafizha Balqis<sup>1</sup>, Wenny Savitri<sup>2</sup>  
Email : [reikhahafizhabqs@gmail.com](mailto:reikhahafizhabqs@gmail.com)

### ABSTRAK

**Background:** Patients with chronic kidney disease undergoing hemodialysis often experience fatigue, which significantly affects their quality of life. This fatigue can result from physiological, psychological, and social factors.

**Objective:** To determine the level of fatigue in chronic kidney disease patients undergoing hemodialysis at RS PKU Muhammadiyah Yogyakarta and analyze its association with demographic and clinical characteristics.

**Methods:** This research employed a quantitative descriptive design with a cross-sectional approach. A total of 72 patients were recruited using purposive sampling. The instrument used was the FACIT-Fatigue Scale. Data were analyzed using frequency distribution and cross-tabulation.

**Results:** About 68.1% of patients experienced fatigue. Fatigue was more common among late adults (65.0%), males (66.7%), unemployed (70.5%), senior high school graduates (77.4%), those living with family (69.0%), and those undergoing hemodialysis  $\leq$  8 months (100%).

**Conclusion:** The majority of chronic kidney disease patients undergoing hemodialysis experienced fatigue, influenced by various contributing factors. These findings can serve as input for nursing interventions in managing fatigue in hemodialysis patients.

**Keywords:** Chronic kidney disease, hemodialysis, fatigue, FACIT-Fatigue Scale

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<sup>1</sup>Nursing Student of Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Nursing Lecturer of Universitas Jenderal Achmad Yani Yogyakarta