

HUBUNGAN DUKUNGAN SOSIAL TERHADAP KUALITAS HIDUP PADA PASIEN HEMODIALISIS DI UNIT HEMODIALISIS RUMAH SAKIT PANEMBAHAN SENOPATI

INTISARI

Herlin Lidya¹, Sutejo², Masta Hutasoit³

Latar belakang: Pasien hemodialisis mengalami berbagai masalah fisik dan psikologis yang mempengaruhi kualitas hidupnya. Keluarga, sahabat, tetangga, teman, rekan kerja maupun petugas kesehatan merupakan sumber dukungan sosial. Dukungan sosial berpengaruh positif terhadap kesejahteraan fisik maupun psikis sehingga dapat menumbuhkan harapan, mengurangi stress, depresi dan meningkatkan kualitas hidup pasien.

Tujuan: Mengetahui hubungan dukungan sosial terhadap kualitas hidup pada pasien hemodialisis di unit hemodialisis RSUD Panembahan Senopati Kabupaten Bantul.

Metode: Menggunakan metode *deskriptif korelasional* dengan pendekatan *cross sectional*. Sampel penelitian adalah pasien hemodialisis di RSUD Panembahan Senopati pada bulan April 2012 berjumlah 52 orang yang diambil dengan teknik *purposive sampling*. Pengambilan data menggunakan kuesioner dukungan sosial dan kuesioner kualitas hidup. Data selanjutnya dianalisis dengan korelasi Spearman dan dihitung koefisien determinasinya.

Hasil: Koefisien korelasi (ρ) antara dukungan sosial terhadap kualitas hidup sebesar 0.760 dengan signifikansi 0.000 ($p < 0.01$), dan koefisien determinasi sebesar 57.76%. Analisis dukungan sosial menunjukkan sebagian besar responden yaitu 50 orang (96.20%) mendapatkan dukungan sosial tinggi. Kualitas hidup pasien hemodialisis sebagian besar baik yaitu 40 responden (76.9%) dan hanya 1 responden (1.9%) yang memiliki kualitas hidup rendah.

Kesimpulan: Ada hubungan positif, kuat dan bermakna antara dukungan sosial terhadap kualitas hidup. Oleh karena itu dukungan sosial dan keefektifan pasien menggunakan sumber dukungan sosial yang tepat akan membantu meningkatkan kualitas hidupnya.

Kata kunci: hemodialisis, dukungan sosial, kualitas hidup

¹ Mahasiswa Program Studi Ilmu Keperawatan Alih Jalur STIKES A. Yani Yogyakarta

² Dosen Jurusan Keperawatan POLTEKES KEMENKES Yogyakarta

³ Dosen STIKES A. Yani Yogyakarta

**THE RELATIONSHIP OF SOCIAL SUPPORT ON QUALITY OF LIFE
IN HEMODIALYSIS PATIENTS IN THE HEMODIALYSIS UNIT
OF RSUD PANEMBAHAN SENOPATI**

ABSTRACT

Herlin Lidya¹, Sutejo², Masta Hutasoit³

Backgrounds: Hemodialysis patients have a variety of physical and psychological problems that affect quality of life. Family, friends, neighbors, colleagues and health workers are source of social support. Social support has a positive effect on physical and psychological well-being so that the growing expectations, reduce the stress, depression and improves quality of life of patients.

Purpose/ Objective: This study aims to determine the relationship of social support on quality of life in hemodialysis patients in the hemodialysis unit of RSUD Panembahan Senopati in Bantul district.

Method: This research uses descriptive correlational method with approach cross sectional. Sampling research is hemodialysis patients in RSUD Panembahan Senopati in April 2012 were selected by purposive sampling. Data collected using a questionnaire of social support and quality of life questionnaire. The data were analyzed using Spearman correlation and then calculated the coefficient of its determination.

Result: Coefficient of correlation (ρ) between social support on quality of life by 0.760 at the level of significance 0.000 ($p < 0.01$), and the coefficient of determination of 55.76%. The analysis of social support showed 50 respondents (96.20%) have a high social support. Quality of life of hemodialysis patients who responded well most of the 40 respondents (76.90%), and only 1 respondent (1.90%) who has a lower quality of life.

Conclusion: There is positive relationship, a strong and significant association between social support on quality of life. Therefore the effectiveness of social support for patients using appropriate resources will greatly help improve their quality of life.

Keywords: hemodialysis, social support, quality of life

¹ Student of Nursery Study Programme Ahmad Yani Yogyakarta, School of Health Sciences

² Lecture of Nursery Study Programme POLTEKES KEMENKES Yogyakarta

³ Lecture of Ahmad Yani Yogyakarta, School of Health Sciences