HUBUNGAN *SELF EFFICACY* DENGAN *SELF MANAGEMENT* NUTRISI DAN CAIRAN PADA KLIEN PENYAKIT GINJAL KRONIS YANG MENJALANI HEMODIALISA DI RSU HAJI SURABAYA

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**ABSTRAK**

**Latar Belakang:** Klien penyakit ginjal kronis yang menjalani hemodialisa akan mengalami gangguan cairan, metabolik, elektrolit dan asam basa. Klien yang tidak melakakan pembatsan cairan dan diit nutrisi akan menjadi masalah yang besar. Tujuan penelitian adalah mengidentifikasi hubungan antara *self efficacy* dengan *self management* nutrisi dan cairan klien penyakit ginjal kronik yang menjalani terapi hemodialisa. **Metode: bentuk penelitian korelasi : *cross-sectional.*** Populasi seluruh klien penyakit ginjal kronis yang menjalani hemodialisa. Teknik pengambilan sampel *purposive sampling* dengan jumlah sampel 30. Variabel bebas *self-efficacy*, variable terikat *self-management* nutrisi dan cairan klien penyakit ginjal kronis yang menjalani hemodialisa. Instrumen penelitian menggunakan kuesioner *general self –efficacy, food recall* dan observasi IDWG **Hasil:**  Klien PGK yang menjalai hemodilisa memiliki self efficacy baik sebanyak 76,7 %, self management nutrisi baik 23,33 %, dan self management cairan baik sebesar 86,04%. Hasil uji korelasi untuk self efficacy dengan self management nutrisi didapatkan ρ hitung (0,189) > ρ tabel (0,05). data hasil juga menunjukkan 100 % klien memiliki *self-efficacy* baik juga melakukan *self-management* cairan dengan baik. Hasil uji korelasi untuk self efficacy dengan self management cairan didapatkan ρ hitung (0,000) > ρ tabel (0,05).  **Analisis:** Hasil penelitian menunjukkan walaupun nilai efikasi tinggi *self management* nutrisi buruk. Sedangkan semakin tinggi nilai efikasi semakin baik pula *self management* cairan **Kesimpulan:** Tidak ada hubungan antara *self efficacy* dengan *self management* nutrisi dan ada hubungan antara *self efficacy* dengan *self management* cairan pada penderita penyakit ginjal kronis yang menjalani hemodialisa di RSU Haji Surabaya. Disarankan untuk melakukan penelitian lebih lanjut mengenai faktor-faktor yang mempengaruhi *self management nutrisi* yang menjalani terapi hemodialisa dengan sampel yang lebih banyak

**Kata Kunci:** *Self efficacy, self management* nutrisi, *self management cairan*

Penyakit Ginjal Kronis, Hemodialisa

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**ABSTRAK**

***Background :*** *Clients of chronic kidney disease who underwent hemodialysis will experience fluid, metabolic, electrolyte and acid-base disorders. Clients who didn't apply fluid and nutritional diets will be a big problem. The study aimed to identify the relationship between the self-efficacy of clients of chronic kidney disease who underwent hemodialysis therapy with nutrition and fluid self-management at the Surabaya Haji Hospital.* ***Methode****: The population of all chronic kidney disease clients who undewent hemodialysis. Purposive sampling technique with a sample size of 30. Independent variable self-efficacy, variable dependent self-management of nutrition and client fluid chronic kidney disease underwent hemodialysis. The research instrument used the general self-efficacy, food recall questionnaire, and IDWG observation.* ***Result:*** *CKD clients who ran hemodilysis had a good self efficacy of 76.7%, good nutrition management 23.33%, and good fluid self management at 86.04% Correlation test results for self-efficacy with nutritional self-management obtained ρ count (0.189)> ρ table (0.05). The results data also showed that 100% of clients had good self-efficacy as well as did liquid self-management well. The results of the correlation test for self-efficacy with self-management fluids were obtained ρ count (0,000)> ρ table (0.05).****Analyzed:*** *The results showed that even though the high efficacy value of self-management was poor nutrition. While the higher the value of efficacy the better the liquid self-management.* ***Concluion :*** *There were no correlation between self-efficacy and nutritional self-management and there were a relationship between self-efficacy and fluid self-management in patients with chronic kidney disease who underwent hemodialysis in Surabaya Haji Hospital. It is recommended to conduct further research on the factors that influence nutrition self-management that underwent hemodialysis therapy with more samples*

*Keywords: Self-efficacy, self-management nutrition, self-management fluid Chronic Kidney, Disease, Hemodialysis*