

ABSTRAK

KUALITAS HIDUP PASIEN GAGAL GINJAL KRONIK YANG DIRAWAT DI RSUD Dr. R. KOESMA TUBAN

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Penyakit gagal ginjal kronik (GGK) menjadi masalah kesehatan yang signifikan di seluruh dunia. Kualitas hidup seorang pasien gagal ginjal kronik dapat menurun akibat mengalami hambatan dalam melakukan aktivitas. Akibatnya, pasien gagal ginjal kronik akan menarik diri dari lingkungan dan aktivitasnya. Tujuan penelitian ini mendeskripsikan gambaran kualitas hidup pasien gagal ginjal kronik yang dirawat di RSUD dr. R. Koesma Tuban.

Desain penelitian *deskriptif* dengan pendekatan *cross-sectional*. Populasi penelitian adalah pasien gagal ginjal kronik di RSUD dr. R. Koesma Tuban berjumlah 31 orang, dengan besar sampel 31 orang. Teknik sampling yang digunakan jenis total sampling. Variabel penelitian kualitas hidup pasien gagal ginjal kronik. Pengambilan data dengan kuesioner dan dilakukan analisa data deskriptif dengan tabel distribusi frekuensi dan presentase.

Hasil penelitian menunjukkan bahwa seluruhnya pasien Gagal Ginjal Kronik yang dirawat di RSUD dr. R. Koesma Tuban sebagian besar (51,6%) berusia 46-55 tahun, sebagian besar (51,6%) berjenis kelamin laki-laki, hampir setengahnya (35,40%), tingkat pendidikan SLTA, sebagian besar (61,2%) tidak bekerja dan sebagian besar (58%) selama menderita <1 tahun. Sehingga pasien gagal ginjal kronik memiliki kualitas hidup sangat baik. Domain kesehatan fisik hampir seluruhnya sangat baik (80,6%), kesehatan psikologis sebagian besar baik (61,2%), hubungan sosial sebagian besar baik (61,2%), dan hubungan dengan lingkungan sebagian besar baik (61,2%).

Upaya meningkatkan kualitas hidup pasien dengan memberikan berbagai intervensi meliputi edukasi, pencegahan, deteksi dini, dan manajemen yang tepat. Diantaranya dengan memberikan edukasi yang tepat, menyediakan dukungan komprehensif, memastikan akses ke perawatan yang diperlukan, petugas kesehatan memainkan peran penting dalam menurunkan angka kejadian GGK.

Kata Kunci : Kualitas Hidup dan Pasien Gagal Ginjal Kronik

ABSTRACT

QUALITY OF LIFE OF CHRONIC KIDNEY FAILURE PATIENTS TREATED AT Dr. R. KOESMA TUBAN

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Chronic kidney failure (CKD) is a significant health problem throughout the world. The quality of life of a chronic kidney failure patient can decrease due to experiencing obstacles in carrying out activities. As a result, patients with chronic kidney failure will withdraw from their environment and activities. The aim of this research is to describe the quality of life of patients with chronic kidney failure who are treated at RSUD dr. R. Koesma Tuban.

Descriptive research design with a cross-sectional approach. The study population was patients with chronic kidney failure at RSUD dr. R. Koesma Tuban numbered 31 people, with a sample size of 31 people. The sampling technique used was total sampling. Research variables for quality of life in chronic kidney failure patients. Data was collected using a questionnaire and descriptive data analysis was carried out using frequency and percentage distribution tables.

The results of the study showed that all Chronic Kidney Failure patients treated at RSUD dr. R. Koesma Tuban, most (51.6%) aged 46-55 years, most (51.6%) male, almost half (35.40%), high school education level, most (61, 2%) do not work and the majority (58%) have suffered <1 year. So chronic kidney failure patients have a very good quality of life. Almost all physical health domains are very good (80.6%), psychological health is mostly good (61.2%), social relationships are mostly good (61.2%), and relationships with the environment are mostly good (61.2%).

Efforts to improve the quality of life of patients by providing various interventions including education, prevention, early detection and appropriate management. Among other things, by providing appropriate education, providing comprehensive support, ensuring access to necessary care, health workers play an important role in reducing the incidence of CKD.

Keywords: *Quality Of Life And Chronic Kidney Failure Patients*