

INTISARI

Latar Belakang: Penderita gagal ginjal kronik di Indonesia mengalami peningkatan yang signifikan sejak tahun 2018 dan membutuhkan terapi pengganti ginjal. Salah satu jenis terapinya yaitu Continuous Ambulatory Peritoneal Dialysis (CAPD). Proses dialisis menyebabkan permasalahan baru bagi penggunaannya terutama permasalahan fisik. Permasalahan fisik ini dapat berupa kelelahan yang menjadi faktor adanya gangguan tidur dan berdampak pada kualitas tidur.

Tujuan: untuk mengetahui tingkatan kualitas tidur pasien gagal ginjal kronik dengan terpai CAPD di RSUP Dr. Sardjito Yogyakarta.

Metode: Jenis penelitian deskriptif kuantitatif dengan subjek pasien CAPD kontrol rutin sebanyak 60 orang dengan menggunakan total sampling. Data diperoleh dengan menggunakan kuesioner Pittsburgh Sleep Quality Index (PSQI). Analisis data menggunakan analisis univariat.

Hasil: Hasil penelitian menyatakan bahwa rata-rata kualitas tidur pasien CAPD ($7,57 \pm 3,387$). Sebanyak 70% responden memiliki kualitas tidur buruk yang didominasi oleh karakteristik pasien berusia 20-40 tahun (69,4%), laki-laki (71,0%), sudah menikah (73,2%), pendidikan SMA/ sederajat (76,0%), bekerja sebagai wiraswasta (65,2%), memiliki penyakit penyerta hipertensi (62,5%), >2 tahun menggunakan CAPD (73,0%), dan durasi 30-40 menit (80,6%) setiap ganti cairan dialisat. Dimensi durasi tidur memiliki nilai tertinggi ($1,72 \pm 0,804$), sedangkan dimensi penggunaan obat tidur memiliki nilai terendah ($0,32 \pm 0,854$).

Kesimpulan: Kualitas tidur pasien CAPD di Poli Renal RSUP Dr. Sardjito Yogyakarta secara umum adalah buruk yang didukung oleh skor yang tinggi pada dimensi durasi tidur, berjenis kelamin laki-laki, berusia 20-40 tahun, status menikah, tingkat pendidikan minimal SMA, bekerja, memiliki penyakit penyerta hipertensi, menggunakan CAPD lebih dari 2 tahun, dan durasi CAPD 30-40 menit.

Kata Kunci: CAPD, Gagal Ginjal Kronik, Kualitas Tidur

ABSTRACT

Background: Patients with chronic kidney diseases in Indonesia have experienced a significant increase since 2018 and require kidney replacement therapy. One type of therapy is Continuous Ambulatory Peritoneal Dialysis (CAPD). The dialysis process causes new problems for user, especially physical problems. These problems are in the form of fatigue which is a factor in sleep disturbance and has an impact sleep quality.

Objective: Objective of this research is to determine the level of sleep quality of chronic kidney diseases patient with CAPD therapy at RSUP Dr. Sardjito Yogyakarta.

Method: descriptive quantitative research with the subject of routine control CAPD patients as many as 60 people using total sampling. Data were obtained using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Data analysis using univariate analysis.

Result: The results stated that the average sleep quality of CAPD patients (7.57 ± 3.387). A total of 70% of respondents had poor sleep quality which was dominated by the characteristics of patients aged 20-40 years (69.4%), male (71.0%), married (73.2%), high school education (76.0%), working as self-employed (65.2%), having hypertension comorbidities (69.4%), >2 years using CAPD (73.0%), and duration of 30-40 minutes per dialysate fluid change (83.6%). The sleep duration dimension had the highest score (1.72 ± 0.804), while the sleep medication use dimension had the lowest score (0.32 ± 0.854).

Conclusion: The sleep quality of CAPD patients at the Renal Clinic of RSUP Dr. Sardjito Yogyakarta is generally poor, supported by high scores on the sleep duration dimension of male gender, aged 20-40 years, married status, minimum high school education level, working, having hypertension comorbidities, using CAPD > 2 years, and CAPD duration of 30-40 minutes.

Keywords: CAPD, Chronic Kidney Diseases, Sleep Quality