

INTISARI

Latar Belakang: Hemodialisis (HD) merupakan salah satu terapi yang dapat dilakukan oleh pasien *Chronic Kidney Disease* (CKD) yang sudah memasuki tahap akhir untuk membantu memperpanjang harapan hidupnya. Spiritualitas merupakan salah satu aspek penting yang dapat memengaruhi kualitas hidup pasien tersebut. Spiritualitas dipengaruhi oleh konteks budaya sehingga masing-masing individu akan memiliki tingkat spiritualitas yang berbeda. Belum ada penelitian yang secara spesifik membahas mengenai hubungan antara spiritualitas dengan kualitas hidup pasien CKD yang menjalani HD, khususnya di Instalasi Hemodialisis RSUP Dr. Sardjito Yogyakarta.

Tujuan Penelitian: Mengetahui gambaran spiritualitas, gambaran kualitas hidup, dan mengetahui hubungan antara spiritualitas dengan kualitas hidup pasien CKD yang menjalani HD di Instalasi Hemodialisis RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian ini merupakan penelitian kuantitatif berupa uji korelasi dengan rancangan *cross sectional*. Jenis teknik sampling yang digunakan dalam penelitian ini yaitu *non-probability sampling* dengan bentuk *purposive sampling*. Responden dalam penelitian ini merupakan pasien HD di Instalasi Hemodialisis RSUP Dr. Sardjito Yogyakarta sejumlah 133 orang. Penelitian ini menggunakan kuesioner FACIT-Sp 12 untuk mengukur spiritualitas dan kuesioner KDQOL-36 untuk mengukur kualitas hidup. Data dianalisis menggunakan *Spearman Rank*.

Hasil: Skor keseluruhan variabel spiritualitas memiliki nilai median 45 (11 – 48), domain *faith* mendapatkan skor tertinggi dengan nilai median 16 (6 – 16), dan domain *peace* mendapatkan skor terendah nilai median 14 (2 – 16). Skor keseluruhan variabel kualitas hidup memiliki nilai median 77,92 (25 – 99), domain gejala/masalah mendapatkan skor tertinggi dengan nilai median 91,67 (29 – 100), dan domain fisik mendapatkan skor terendah dengan nilai median 62,5 (0 – 97). Hasil uji korelasi mendapatkan *p value* sebesar (0,000; $p < 0,05$). Adapun koefisien korelasi (*r*) hubungannya yaitu sebesar 0,369. Hubungan antara dua variabel bernilai positif.

Kesimpulan: Dalam variabel spiritualitas, domain *faith* memiliki skor tertinggi, dan domain *peace* memiliki skor terendah. Dalam variabel kualitas hidup, domain domain gejala/masalah memiliki skor tertinggi, dan domain fisik memiliki skor terendah. Terdapat hubungan dengan kekuatan rendah antara spiritualitas dengan kualitas hidup pasien CKD yang menjalani HD di Instalasi Hemodialisis RSUP Dr. Sardjito Yogyakarta. Semakin tinggi spiritualitas maka semakin tinggi pula kualitas hidup yang dimiliki.

Kata Kunci: *Chronic Kidney Disease* (CKD), hemodialisis (HD), spiritualitas, kualitas hidup

ABSTRACT

Background: Hemodialysis (HD) was one of the therapies that can be done by Chronic Kidney Disease (CKD) patients who had entered the final stage to help extend their life expectancy. Spirituality was one of the important aspects that can affect the quality of life of these patients. Spirituality was influenced by cultural context so that each individual had a different level of spirituality. There had been no research that specifically discussed the relationship between spirituality and the quality of life of CKD patients undergoing HD, especially in the Hemodialysis Installation of Dr. Sardjito Hospital Yogyakarta.

Objective: To know the description of spirituality, the description of quality of life, and to know the relationship between spirituality and the quality of life among patients with CKD undergoing HD in the Hemodialysis Installation of Dr. Sardjito General Hospital Yogyakarta.

Method: This research was a quantitative study in the form of a correlation test with a cross sectional design. The type of sampling technique used in this study was non-probability sampling with purposive sampling. Respondents in this study were HD patients at the Hemodialysis Installation of Dr. Sardjito General Hospital Yogyakarta, totaling 133 people. This study used FACIT-Sp 12 questionnaire to measure spirituality and KDQOL-36 questionnaire to measure quality of life. Data were analyzed using Spearman Rank.

Result: The overall score of the spirituality variable had a median value of 45 (11 - 48), the faith domain received the highest score with a median value of 16 (6 - 16), and the peace domain received the lowest score with a median value of 14 (2 - 16). The overall score of quality of life variables had a median value of 77.92 (25 - 99), the symptom/problem domain received the highest score with a median value of 91.67 (29 - 100), and the physical domain received the lowest score with a median value of 62.5 (0 - 97). The correlation test resulted a p value of (0.000; $p < 0.05$). The correlation coefficient (r) of the relationship was 0.369. The relationship between the two variables was positive.

Conclusion: In the spirituality variable, the faith domain had the highest score, and the peace domain had the lowest score. In the quality of life variable, the symptoms/problems domain had the highest score, and the physical domain had the lowest score. There was a low-strength relationship between spirituality and the quality of life of CKD patients undergoing HD at the Hemodialysis Installation of Dr. Sardjito Hospital Yogyakarta. The higher the spirituality, the higher the quality of life.

Keywords: Chronic Kidney Disease (CKD), hemodialysis (HD), spirituality, quality of life