

INTISARI

Latar Belakang: Pasien CKD yang telah menjalani hemodialisis berulang kerap kali tidak hanya menyebabkan permasalahan fisik pada pasien, aspek psikososial terkait penyesuaian pasien terhadap penyakit dan pengobatannya pun perlu diperhatikan. Penyesuaian aspek psikososial tersebut sangat berdampak pada kualitas hidup pasien hemodialisis.

Tujuan Penelitian: Mengetahui hubungan aspek psikososial dengan kualitas hidup pasien *Chronic Kidney Disease* yang menjalani hemodialisis di RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian kuantitatif observasional analitik dengan pendekatan *cross sectional*. Partisipan adalah pasien CKD yang menjalani hemodialisis di RSUP Dr. Sardjito Yogyakarta sebanyak 146 orang berdasarkan teknik *purposive sampling*. Penelitian ini menggunakan kuesioner *The Psychosocial Adjustment to Illness Scale-Self Report* (PAIS-SR) sebagai alat ukur aspek psikososial dan *Kidney Disease Quality of Life* (KDQoL-36) untuk mengukur kualitas hidup. Analisis data selanjutnya menggunakan *Spearman Rho*.

Hasil: 87% responden memiliki aspek psikososial kategori baik dengan skor rata-rata ($17,95 \pm 11,76$). Skor rata-rata kualitas hidup responden ($74,79 \pm 14,90$), perolehan nilai dari domain tertinggi ke terendahnya adalah domain gejala dan masalah, efek penyakit ginjal, mental, beban penyakit ginjal, dan domain fisik. Signifikansi analisis *Spearman Rho* terhadap kualitas hidup sebesar $p=0,001$, berkorelasi kuat ($r = -0,706$). Secara terperinci hubungan domain kualitas hidup fisik ($r = -0,526$), mental ($r = -0,591$), beban penyakit ($r = -0,547$), gejala dan masalah ($r = -0,490$), serta efek penyakit ginjal ($r = -0,635$).

Kesimpulan: Aspek psikososial memiliki korelasi yang bermakna terhadap kualitas hidup pasien CKD yang menjalani HD di RSUP Dr. Sardjito Yogyakarta.

Kata Kunci: aspek psikososial, *chronic kidney disease*, hemodialisis, kualitas hidup

ABSTRACT

Background: Chronic Kidney Disease patients who undergo repeated hemodialysis, not only leads to physical problems, but also psychosocial aspects related to their adjustment to the disease and its treatment. The adjustment of these psychosocial aspects significantly impacts the quality of life of hemodialysis patients.

Objective: Determine the relationship between psychosocial aspects and the quality of life of Chronic Kidney Disease patients undergoing hemodialysis at RSUP Dr. Sardjito Yogyakarta.

Method: This study was a quantitative observational analytical method with a cross-sectional approach. The participants were 146 CKD patients who underwent hemodialysis at RSUP Dr. Sardjito Yogyakarta, selected using purposive sampling techniques. The instruments were The Psychosocial Adjustment to Illness Scale-Self Report (PAIS-SR) questionnaire to measure psychosocial aspects and the Kidney Disease Quality of Life (KDQoL-36) to measure quality of life. Data analysis was subsequently conducted using Spearman's Rho.

Result: 87% of respondents had psychosocial aspects categorized as good, with an average score of $(17,95 \pm 11,76)$. The average quality of life score for respondents was $(74,79 \pm 14,90)$, with the scores from the highest to the lowest domain in the symptom and problem domain, effect of kidney disease, mental health, kidney disease burden, and physical domain. The significance of the Spearman Rho analysis regarding quality of life was $p=0,001$, indicating strong correlation ($r = -0,706$). Specifically, the relationships for the physical quality of life domain ($r = -0,525$), mental domain ($r = -0,591$), disease burden ($r=-0,547$), symptoms and problem ($r=-0,490$), and disease effect domain ($r=-0,635$).

Conclusion: Psychosocial aspects have a significant correlation with the quality of life of CKD patients undergoing hemodialysis at RSUP Dr. Sardjito Yogyakarta.

Keyword: chronic kidney disease, hemodialysis, psychosocial aspects, quality of life