

HUBUNGAN TINGKAT DUKUNGAN KELUARGA TERHADAP GANGGUAN TIDUR PADA PASIEN YANG MENJALANI HEMODIALISIS DI RUMAH SAKIT AKADEMIK UNIVERSITAS GADJAH MADA (RSA UGM) YOGYAKARTA

INTISARI

Latar belakang: Penyakit ginjal kronik atau *Chronic Kidney Disease* (CKD) merupakan prioritas kesehatan masyarakat secara global. Prevalensinya terus meningkat, sehingga semakin tinggi pula angka kesakitan, angka kematian, dan biaya layanan kesehatan, serta semakin menurunnya angka harapan hidup secara drastis di seluruh dunia. Prevalensi CKD di Indonesia sebesar 3,8% dan sebanyak 98% dari jumlah tersebut menjalani hemodialisis (HD). Daerah Istimewa Yogyakarta merupakan provinsi dengan prevalensi CKD tertinggi nomor tiga di Indonesia. Permasalahan pasien HD tersering yaitu gangguan tidur sebanyak 86,6%. Gangguan tidur dapat menurunkan kesehatan fisik dan mental serta kualitas hidup, hingga dapat menyebabkan kematian jika tidak ditangani. Dalam penatalaksanaan gangguan tidur pasien HD, perlu adanya dukungan keluarga. Dukungan keluarga lebih efektif dibandingkan dengan *Cognitive Behaviour Therapy* (CBT) maupun obat-obatan. Oleh karena itu, peneliti tertarik untuk menganalisis hubungan dukungan keluarga terhadap gangguan tidur pada pasien yang menjalani HD di RSA UGM Yogyakarta.

Tujuan penelitian: Untuk menganalisis hubungan tingkat dukungan keluarga terhadap gangguan tidur pada pasien yang menjalani hemodialisis di RSA UGM Yogyakarta.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *Cross-Sectional Study*. Subjek penelitian ini adalah pasien hemodialisis (HD) di RS Akademik UGM Yogyakarta sebesar 64 subjek. Instrumen: dukungan keluarga dan *Pittsburgh Sleep Quality Index* (PSQI) versi Indonesia. Analisis data menggunakan Uji *Chi Square* dan regresi logistik. Tingkat kemaknaan uji statistik dinyatakan pada $p < 0,05$.

Hasil: Dari hasil penelitian ini didapatkan bahwa 64,1% pasien hemodialisis (HD) memiliki gangguan tidur dan 82,8% memiliki dukungan keluarga tinggi. Di antara pasien HD tanpa gangguan tidur, 95,7% memiliki dukungan keluarga tinggi dan 4,3% memiliki dukungan keluarga rendah. Dukungan keluarga yang rendah berisiko 7,09 kali mengalami gangguan tidur. Secara statistik, menunjukkan hubungan yang bermakna ($p=0,041$ $C=0,247$ $OR=7,09$).

Kesimpulan: Terdapat hubungan tingkat dukungan keluarga terhadap gangguan tidur pada pasien yang menjalani hemodialisis di RSA UGM Yogyakarta.

Kata kunci: dukungan keluarga, *end stage renal disease*, gangguan tidur, pasien hemodialisis

RELATIONSHIP BETWEEN FAMILY SUPPORT LEVEL AND SLEEP DISORDERS IN PATIENTS UNDERGOING HEMODIALYSIS AT GADJAH MADA UNIVERSITY ACADEMIC HOSPITAL (RSA UGM) YOGYAKARTA

ABSTRACT

Background: Chronic Kidney Disease (CKD) is a global public health priority. With increasing prevalence, it is associated with high morbidity, mortality, and healthcare costs, as well as drastically decreasing life expectancy worldwide. The prevalence of CKD in Indonesia is 3.8%, with 98% of patients undergoing hemodialysis (HD) as kidney replacement therapy. Special Region of Yogyakarta has the third highest prevalence of CKD. The most common problem for HD patients is sleep disorders, affecting 86.6% of them. Sleep disorders can reduce physical and mental health as well as quality of life, and may lead to death if left untreated. To address this, family support is needed. Providing family support is considered more effective than Cognitive Behavioral Therapy (CBT) and medication. Therefore, the researcher is interested in analyzing the relationship between family support and sleep disorders in patients undergoing HD at RSA UGM Yogyakarta.

Objective: To analyze the relationship between the level of family support and sleep disorders in patients undergoing hemodialysis at RSA UGM Yogyakarta.

Methods: This study is an observational analytical study with a Cross-Sectional Study approach. The subjects of this study were hemodialysis (HD) patients at the UGM Academic Hospital in Yogyakarta. Instruments used included family support and the Indonesian version of the Pittsburgh Sleep Quality Index (PSQI). Data analysis was conducted using the Chi-Square Test and logistic regression, with the level of significance stated at $p < 0.05$.

Results: The findings showed that 64.1% of hemodialysis patients had sleep disorders and 82.8% received high family support. Among those with no sleep disorders, 97.5% had high family support, while 4.3% had low family support. Low family support had a 7.09 times risk of sleep disorders. Statistically, the relationship was significant ($p = 0.041$ $C = 0.247$ $R = 7.09$).

Conclusion: There is relationship between the level of family support and sleep disorders in patients undergoing hemodialysis at RSA UGM Yogyakarta.

Keywords: end stage renal disease, family support, hemodialysis patients, sleep disorders.