

HUBUNGAN TINGKAT *SELF-ESTEEM* DENGAN STATUS GIZI PASIEN GAGAL GINJAL KRONIS (GGK) YANG MENJALANI TERAPI HEMODIALISIS (HD) DI RUMAH SAKIT UMUM PUSAT (RSUP) DR. SARDJITO

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INTISARI

Latar Belakang: Gagal ginjal kronis (GGK) merupakan kondisi kerusakan pada struktur anatomi dan fungsi organ ginjal yang berlangsung minimal 3 bulan yang ditandai dengan penurunan laju *glomerulus filtrate rate* (GFR) <60 ml/menit/1,73 m². Pasien dengan GGK kerap mengalami gangguan psikologis, terutama pada pasien yang menjalani terapi dialisis seperti HD seperti gangguan terhadap penilaian harga diri atau yang umumnya disebut dengan rendahnya *self-esteem*. Pengukuran tingkat *self-esteem* merupakan indikator yang efektif dalam mendeteksi kualitas hidup karena berpengaruh terhadap status gizi dan kondisi malnutrisi pasien GGK. Penelitian mengenai hubungan *self-esteem* dan status gizi pada pasien GGK yang menjalani HD belum banyak dilakukan di Indonesia.

Tujuan: Mengetahui tingkat *self-esteem* dan hubungannya dengan status gizi pasien GGK yang menjalani terapi HD di RSUP Dr. Sardjito.

Metode: Sejumlah 97 pasien GGK yang menjalani terapi HD pada bulan April hingga Mei 2025 disertakan dalam penelitian *cross-sectional* ini. Tingkat *self-esteem* diukur dengan kuesioner *Rosenberg Self-Esteem Scale* (RSES) dan status gizi diukur berdasarkan indeks massa tubuh (IMT) dan lingkaran lengan atas (LILA). Uji statistik untuk menilai hubungan antar variabel menggunakan *Spearman Rank Correlation* yang diolah dengan *software* SPSS.

Hasil: Sebagian besar responden penelitian memiliki tingkat *self-esteem* yang tinggi dengan jumlah 84 orang (86,6%) dan IMT kurang dengan jumlah 52 responden (53,61%), serta LILA yang baik dengan jumlah 78 orang (80,41%). Analisis *Spearman Rank Correlation* menghasilkan tidak terdapat hubungan antara *self-esteem* dengan IMT ($p > 0,05$; $p=0,064$) dan juga LILA ($p > 0,05$; $p=0,122$).

Kesimpulan: Penelitian menemukan hubungan yang tidak signifikan antara *self-esteem* dengan IMT dan LILA. Variabel pendidikan terakhir terapi merupakan variabel yang paling mempengaruhi hubungan *self-esteem* dan IMT ($p=0,285$). Di sisi lain, variabel jenis kelamin merupakan variabel yang paling mempengaruhi hubungan *self-esteem* dan LILA ($p=0,112$).

Kata kunci: Gagal ginjal kronis; Hemodialisis; *Self-esteem*, Status gizi, Indeks massa tubuh, Lingkaran lengan atas

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RELATIONSHIP BETWEEN *SELF-ESTEEM* LEVELS AND NUTRITIONAL STATUS IN CHRONIC KIDNEY DISEASE (CKD) PATIENTS UNDERGOING HEMODIALYSIS AT RSUP DR. SARDJITO

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ABSTRACT

Background: Chronic kidney disease (CKD) is a condition characterized by structural and functional damage of the kidneys lasting for at least three months, marked by a decreased glomerular filtration rate (GFR) of $<60 \text{ ml/min/1.73 m}^2$. Patients with CKD often experience psychological disturbances, particularly those undergoing dialysis therapy, such as hemodialysis (HD), including impaired self-perception or low *self-esteem*. Measuring *self-esteem* levels is an effective indicator in detecting quality of life, as it influences nutritional status and the risk of malnutrition in CKD patients.

Objective: To determine the level of *self-esteem* and its relationship with nutritional status in CKD patients undergoing HD at RSUP Dr. Sardjito.

Methods: This cross-sectional study involved a total of 97 CKD patients undergoing HD at Dr. Sardjito General Hospital. Data collection was conducted from April 20 to May 6, 2025. *Self-esteem* was measured using the Rosenberg *Self-Esteem* Scale (RSES), while nutritional status was assessed using body mass index (BMI) and mid-upper arm circumference (MUAC). Statistical analysis was performed using Spearman Rank Correlation with SPSS software.

Result: Most respondents in this study had a high level of *self-esteem*, totaling 84 individuals (86.6%), a low BMI in 52 individuals (53.61%), and adequate MUAC in 78 individuals (80.41%). The analysis revealed no significant relationship between *self-esteem* and BMI, with a very weak correlation ($p > 0.05$; $p = 0.064$). Similarly, no significant relationship was found between *self-esteem* and MUAC, with a very weak correlation ($p > 0.05$; $p = 0.122$).

Conclusion: The study revealed no statistically significant association between *self-esteem* and either BMI or MUAC. Nevertheless, duration of therapy appeared to exert the greatest influence on the relationship between *self-esteem* and BMI ($p = 0.062$). Conversely, sex was identified as the variable exerting the greatest influence on the relationship between *self-esteem* and MUAC ($p = 0.777$).

Keywords: Chronic kidney disease; Hemodialysis; *Self-esteem*; Nutritional status; Body mass index; Mid-upper arm circumference

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