

## INTISARI

**Latar Belakang:** Pasien penyakit ginjal kronis yang menjalani hemodialisa harus menjalankan terapi seumur hidup. Masalah secara fisik dan mental muncul akibat dari efek penyakit dan terapi yang dilakukan dalam jangka panjang. Salah satu masalah mental yang muncul pada pasien yang menjalani hemodialisa adalah depresi yang dapat mempengaruhi kualitas hidup.

**Tujuan Penelitian:** Mengetahui hubungan skor depresi dengan kualitas hidup pada pasien penyakit ginjal kronis yang menjalani hemodialisa di Rumah Sakit PKU Muhammadiyah Yogyakarta.

**Metode:** Penelitian ini merupakan penelitian dengan jenis analitik korelasional dengan rancangan *cross-sectional*. Penelitian dilakukan di Rumah Sakit PKU Muhammadiyah Yogyakarta pada bulan Maret 2018 – Mei 2018. Responden berjumlah 114 orang menggunakan teknik *consecutive sampling*. Pengukuran skor depresi menggunakan *Beck Depression Inventory II* (BDI II). Sementara pengukuran kualitas hidup menggunakan instrumen *Kidney Disease Quality Of Life 36* (KDQOL 36).

**Hasil:** Rata-rata skor depresi responden adalah 12,06. Sebanyak 28,94% responden mengalami depresi. Domain fisik kualitas hidup memiliki nilai yang paling buruk, domain beban penyakit memiliki nilai sedang, sedangkan domain gejala dan masalah serta efek penyakit memiliki nilai paling baik. Hasil korelasi *Spearman rank* antara skor depresi dengan domain kualitas hidup menunjukkan adanya hubungan antar skor depresi dengan domain fisik ( $r = -0,441$ ;  $p=0,000$ ), domain mental ( $r = -0,380$ ;  $p=0,000$ ), domain beban penyakit ( $r = -0,457$ ;  $p= 0,000$ ), domain gejala dan masalah ( $r = -0,477$ ;  $p= 0,000$ ) domain efek penyakit ( $r = -0,449$ ;  $p= 0,000$ ).

**Kesimpulan:** Terdapat hubungan antara skor depresi dengan seluruh domain kualitas hidup pasien penyakit ginjal kronis yang menjalani hemodialisa di Rumah Sakit PKU Muhammadiyah Yogyakarta.

**Kata kunci:** Hemodialisa, Kualitas Hidup, Penyakit Ginjal Kronis, Skor Depresi

## ABSTRACT

**Background:** End Stage Renal Disease (ESRD) patients require following kidney replacement therapy to substitute renal function. Most therapy method in Indonesia is hemodialysis. Renal disease patients need to undergo lifetime hemodialysis therapy. Physical and mental problems arise due to long-term disease and therapy effects. One major mental problem affect hemodialysis patients' quality of life is depression.

**Objective:** To identify the association between depression score with hemodialysis patients' quality of life with chronic kidney disease in PKU Muhammadiyah Yogyakarta hospital.

**Methods:** This is a non-experimental quantitative research using correlational analytic with cross-sectional design. The study took place at PKU Muhammadiyah Hospital Yogyakarta in March 2018 - May 2018. Sample in this study were 114 chronic kidney disease patients following hemodialysis in PKU Muhammadiyah Yogyakarta Hospital. Sampling technique used in this study was consecutive sampling. Measurement of depression score using Beck Depression Inventory II (BDI II) meanwhile quality of life measured using Kidney Disease Quality Of Life 36 Instrument (KDQOL 36).

**Results:** The mean depression score is 12,06. 28.94% hemodialysis patients with chronic kidney disease at PKU Muhammadiyah Yogyakarta Hospital experienced depression. Physical component summary subscale has the best score, Burden of disease has medium score, symptoms and problem subscale also effect of kidney disease has the best score. Spearman rank test done to identify association between patients' depression score and quality of life domains. Results indicate association between depression with physical component summary ( $r = -0.441$ ;  $p = 0,000$ ), mental component summary ( $r = -0.380$ ;  $p = 0,000$ ), burden of kidney disease ( $r = -0.457$ ;  $p = 0,000$ ), symptoms and problem subscale ( $r = -0,477$ ;  $p = 0,000$ ), and effects of kidney disease on daily life subscale ( $r = -0,449$ ;  $p = 0,000$ ).

**Conclusion:** There is association between hemodialysis depression score with entire patients' quality of life at PKU Muhammadiyah Yogyakarta Hospital

**Keywords:** Chronic Kidney Disease, Depression Score, Hemodialysis, Quality of Life