

ABSTRAK

PENGARUH *SUPPORTIVE EDUCATIVE NURSING INTERVENTION* (SENI) TERHADAP *SELF-EFFICACY* DAN NILAI *INTERDIALYTIC WEIGHT GAIN* (IDWG) PASIEN PENYAKIT GINJAL KRONIK YANG MENJALANI HEMODIALISA

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Latar Belakang : Pembatasan cairan merupakan regimen paling sulit diikuti oleh pasien hemodialisa, sehingga menyebabkan peningkatan *Interdialytic Weight Gain* (IDWG) dengan berbagai komplikasi. *Supportive Educative Nursing Intervention* (SENI) *Orem's theory* adalah suatu metode inovatif yang bertujuan untuk meningkatkan *self-efficacy* pasien HD dalam pembatasan cairan, sehingga berdampak positif pada pengontrolan IDWG sebagai marker objektif kepatuhan restriksi cairan. Tujuan penelitian ini adalah untuk mengetahui pengaruh SENI terhadap *self-efficacy* dan nilai IDWG pada pasien PGK yang menjalani hemodialisa.

Metode : Desain penelitian ini adalah *quasi-experimental, pre and post test with control group*. Penelitian ini dilakukan di RSUD. Dr. M Yunus Bengkulu, Indonesia dengan melibatkan 80 pasien hemodialisa. *Self-efficacy* diukur menggunakan *Indonesian Fluid Intake Appraisal Inventory* (I-FIAI) dan nilai IDWG diukur berdasarkan pengukuran berat badan sebelum dan setelah hemodialisa. Pengukuran *outcome* dilakukan 3 kali yakni sebelum intervensi, satu minggu setelah intervensi, dan dua minggu setelah intervensi. Analisa data menggunakan *Repeated ANOVA* dan *Independent sample t-test*.

Hasil : Hasil uji *Repeated ANOVA* menunjukkan terdapat perbedaan yang signifikan rata-rata *self-efficacy* dan nilai IDWG masing-masing kelompok setelah intervensi dengan nilai $p=0.000$. Rata-rata peningkatan *self-efficacy* pada kelompok yang mendapatkan SENI lebih tinggi dibandingkan dengan kelompok kontrol ($p<0.05$). Terdapat perbedaan yang signifikan penurunan IDWG setelah 2 minggu intervensi dengan penurunan lebih tinggi pada kelompok intervensi ($p=0.013$).

Kesimpulan : *Supportive Educative Nursing Intervention* (SENI) *Orem's theory* efektif meningkatkan *self-efficacy* pasien hemodialisa dalam pembatasan asupan cairan dan meningkatkan kepatuhan pembatasan cairan yang ditunjukkan dengan penurunan nilai IDWG.

Kata Kunci : Penyakit Ginjal Kronik (PGK), Hemodialisa, *Supportive Educative Nursing Intervention* (SENI), *Self-efficacy*, *Interdialytic Weight Gain* (IDWG).

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ABSTRACT

THE EFFECT OF SUPPORTIVE EDUCATIVE NURSING INTERVENTION (SENI) ON SELF-EFFICACY AND INTERDIALYTIC WEIGHT GAIN (IDWG) IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS

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Background : Fluid restriction is the hardest regimen to follow in chronic kidney disease patients receiving hemodialysis, leading to an increase of *Interdialytic Weight Gain* (IDWG) with several complications. Supportive Educative Nursing Intervention (SENI) Orem's theory is innovative method with the goal of enhancing fluid restriction self-efficacy, and thus have a positive impact on controlling IDWG as an objective marker of fluid restriction adherence. This study aimed to determine the effect of Supportive Educative Nursing Intervention (SENI) on self-efficacy and Interdialytic Weight Gain (IDWG) of CKD patients receiving hemodialysis.

Method : This study adopted a quasi-experimental, *pre and post test with control group*. This study was conducted at the RSUD. Dr. M Yunus Bengkulu, Indonesia involving 80 hemodialysis patients. Self-efficacy was measured using the Indonesian Fluid Intake Appraisal Inventory (I-FIAI) and IDWG was measured by weight measurement before and after HD. Outcomes were measured before intervention, 1 and 2 weeks after intervention. Data analysis were carried out using *Repeated ANOVA*, and *Independent sample t-test*.

Results : Repeated ANOVA test showed a statistically significant difference in mean score self-efficacy and IDWG of each group after intervention ($p=0.000$). An increase mean score self-efficacy of intervention group was higher than control group ($p<0.05$). There was significant difference IDWG after 2 weeks of intervention with greater decline in intervention group compared to the control group ($p=0.013$).

Conclusions : Supportive Educative Nursing Intervention (SENI) Orem's theory increases self-efficacy of hemodialysis patients in fluid restriction and improves self-care behavior as indicated by IDWG.

Keywords: Chronic Kidney Disease (CKD), Hemodialysis, Supportive Educative Nursing Intervention (SENI), Self-efficacy, Interdialytic Weight Gain (IDWG)

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