

Pengaruh Pemberian Pijat Refleksi Kaki terhadap Insomnia pada Pasien yang menjalani Sesi Hemodialisis

Hafidz Ma'ruf S.Kep., Ns¹, Dr. Heny Suseani Pangastuti², Intansari Nurjannah, Ph.D³

¹Mahasiswa Program Studi Magister Keperawatan Universitas Gadjah Mada, Indonesia. Email: hafidz.maruf@mail.ugm.ac.id

²Departemen Keperawatan Medikal Bedah Universitas Gadjah Mada, Indonesia. Email: heny_pangastuti@ugm.ac.id

³Departemen Keperawatan Jiwa dan Komunitas Universitas Gadjah Mada, Indonesia. Email: intansarin@ugm.ac.id

Intisari

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh pijat refleksi kaki terhadap insomnia pada pasien yang menjalani sesi hemodialisis.

Desain: Quasi eksperimen.

Setting/tempat: Unit hemodialisis Rumah Sakit Akademik Universitas Gadjah Mada, Indonesia dari bulan Februari sampai Maret 2020.

Subjek: Responden penelitian adalah pasien yang menjalani hemodialisis. Total responden sebanyak 60 responden.

Intervensi: Terapis yang telah bersertifikat memberikan pijat refleksi kaki selama 40 menit, dua kali seminggu selama 4 minggu kepada responden penelitian.

Pengukuran outcome: Insomnia pasien dievaluasi berdasarkan kuesioner *insomnia severity index* (ISI). Responden penelitian mengisi kuesioner sebelum dilakukan intervensi (*pretest*), setelah dilakukan 2 kali intervensi (*posttest* 1), 4 kali intervensi (*posttest* 2), 6 kali intervensi (*posttest* 3) dan 8 kali intervensi (*posttest* 4). Analisis data menggunakan uji *T-Independent*, *Friedman*, *Wilcoxon*, *Mann Whitney* dan *Cohen d*.

Hasil: Perbandingan rerata saat *pretest* antara kelompok intervensi dan kontrol menunjukkan tidak ada perbedaan ($p=0,052$). Nilai *pretest* hingga *posttest* 4 pada kelompok intervensi menunjukkan $p<0,001$ sedangkan kelompok kontrol $p=0,885$. Nilai median, maksimum dan minimum selisih *pretest* ke *posttest* 4 pada kelompok intervensi sebesar 6,5 (0-23) sedangkan kelompok kontrol sebesar 0 (-22-0). Perbandingan perubahan skor ISI pada kelompok intervensi dengan kontrol menunjukkan $p<0,001$. Pengamatan pada kelompok intervensi selama 4 kali pengukuran *posttest* dibandingkan dengan nilai *pretest* menunjukkan $p<0,001$ sedangkan kelompok kontrol $p>0,05$. Nilai *effect size* sebesar 1,9.

Kesimpulan: Pijat refleksi kaki berpengaruh terhadap penurunan insomnia pada pasien yang menjalani sesi hemodiasis.

Kata kunci: Pijat refleksi kaki, insomnia, hemodialisis

The Effect of Foot Reflexology on Insomnia in Patients Undergoing Hemodialysis Sessions

Hafidz Ma'ruf S.Kep., Ns¹, Dr. Heny Suseani Pangastuti², Intansari Nurjannah, Ph.D³

¹Graduate Student, Master of Nursing, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Indonesia.

E-mail:hafidz.maruf@mail.ugm.ac.id

²Department of Medical Surgical Nursing, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Indonesia.

E-mail:heny_pangastuti@ugm.ac.id

³Department of Mental and Community Nursing, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Indonesia.

E-mail:intansarin@ugm.ac.id

Abstract

Purpose: This study aimed to determine the effect of foot reflexology on insomnia in patients undergoing hemodialysis sessions.

Design: Quasi experiment.

Setting/place: The hemodialysis unit at the Academic Hospital of Universitas Gadjah Mada, Indonesia from February to March 2020.

Subjects: Study respondents were patients undergoing hemodialysis. The total respondents were 60 respondents.

Intervention: Certified therapists provided foot reflexology for 40 minutes, twice a week for 4 weeks to study respondents.

Outcome measures: Patient insomnia was evaluated based on the insomnia severity index (ISI) questionnaire. Study respondents filled out a questionnaire before the intervention (pretest), after 2 times of interventions (posttest 1), 4 times of interventions (posttest 2), 6 times of interventions (posttest 3) and 8 times of interventions (posttest 4). Data analysis used Independent T-test, Friedman, Wilcoxon, Mann Whitney tests, and d Cohen.

Results: The average comparison at pretest between the intervention and control groups showed no difference ($p = 0.052$). The pretest to posttest 4 values in the intervention group showed $p < 0.001$ while the control group was $p = 0.885$. The median, maximum and minimum difference between pretest and posttest 4 in the intervention group was 6.5 (0-23) while the control group was 0 (-22-0). The comparison of changes in the ISI score in the intervention group with the control showed $p < 0.001$. Observations in the intervention group for 4 times the posttest measurement compared to the pretest value showed $p < 0.001$ while the control group was $p > 0.05$. The effect size value was 1.9.

Conclusion: Foot reflexology can help in reducing insomnia in patients undergoing hemodialysis sessions.

Keywords: Foot reflexology, insomnia, hemodialysis