

Pengaruh *Cognitive Behavior Therapy* Terhadap Penurunan Tingkat Kecemasan Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisis di RS PKU Muhammadiyah Gamping

Suci Aprilia¹, Haryani², R. Heru Prasanto³

¹Mahasiswa Program Studi Magister Keperawatan, Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan, Universitas Gadjah Mada

²Departemen Keperawatan Medikal Bedah, Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan, Universitas Gadjah Mada

³Departemen Ilmu Penyakit Dalam, Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan, Universitas Gadjah Mada

INTISARI

Latar belakang: *Cognitive Behavior Therapy* (CBT) merupakan salah satu psikoterapi yang paling efektif untuk gangguan kecemasan. CBT dapat menurunkan kecemasan pada pasien yang memiliki penyakit kronis seperti pasien yang menjalani hemodialisis. Penelitian tentang CBT untuk menurunkan kecemasan pasien hemodialisis di Indonesia masih sedikit dan ditemukan beberapa kelemahan. Penelitian ini bertujuan untuk mengetahui pengaruh CBT terhadap penurunan tingkat kecemasan pasien yang menjalani hemodialisis.

Metode: Desain penelitian ini adalah eksperimen semu dengan rancangan *pretest-posttest with control group design*. Pengambilan data dilakukan pada masa pandemi COVID-19 tetapi tetap memperhatikan protokol kesehatan pencegahan virus corona. Responden berusia 18 tahun atau lebih, tidak memiliki penyakit penyerta berat, memiliki skor HADS-A lebih dari 1 dan memiliki minimal satu perilaku maladaptif dimasukkan kedalam penelitian ini. Responden yang mengalami gangguan pendengaran dan penglihatan, tidak dapat membaca dan menulis, mengkonsumsi obat penenang maksimal 16 jam terakhir dieksklusi. Jumlah sampel yang diikutsertakan adalah 67 responden pasien hemodialisis (32 kelompok intervensi dan 35 kelompok kontrol). Tingkat kecemasan diukur dengan kuesioner *Hospital Anxiety Depression Scale-Anxiety* (HADS-A). Kelompok intervensi diberi CBT yang dilakukan selama 5 sesi dan lama setiap sesi 30-45 menit, sedangkan kelompok kontrol tidak.

Hasil: Tidak terdapat perbedaan karakteristik responden usia, pendidikan terakhir, status pekerjaan, pendamping saat hemodialisis, riwayat hemodialisis dan kecemasan antara kelompok intervensi dan kontrol ($p > 0,05$). Analisis uji *Mann-Whitney* terdapat penurunan bermakna skor kecemasan antara kelompok intervensi dan kelompok kontrol dengan nilai $p = 0,004$ ($p < 0,05$). Delta median skor kecemasan antara kelompok intervensi dan kontrol adalah 0,5.

Kesimpulan: CBT menurunkan tingkat kecemasan pasien gagal ginjal kronik yang menjalani hemodialisis.

Kata kunci: *Cognitive Behavior Therapy*, Gagal Ginjal Kronik, Hemodialisis, Kecemasan

The Effects of Cognitive Behavior Therapy on the Reduction of Anxiety Levels in Chronic Kidney Failure Undergoing Hemodialysis at PKU Muhammadiyah Gamping Hospital

Suci Aprilia¹, Haryani², R. Heru Prasanto³

¹Student of Nursing Master Program, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

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

³Department of Internal Medicine, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

ABSTRACT

Background: Cognitive Behavior Therapy (CBT) is one of the most effective psychotherapies for anxiety disorders. CBT can reduce anxiety in patients who have chronic diseases such as patients undergoing hemodialysis. There is lack of research about CBT to reduce anxiety hemodialysis patients in Indonesia and indicated some weakness. This study aimed to determine the effect of CBT on reducing anxiety levels of patients undergoing hemodialysis.

Method: The design of this study was a quasi-experimental with a pretest-posttest with control group design. Data collection was carried out during the COVID-19 pandemic but still paid attention to the corona virus prevention health protocol. Respondents were ≥ 18 years old, did not have severe comorbidities, had a HADS-A score of more than 1 and had at least one maladaptive behavior was included in this study. Respondents who suffered from hearing and visual impairment, were unable to read and write, consumed a sedative for a maximum of the last 16 hours were excluded. The number of samples was 67 hemodialysis respondents (32 intervention groups and 35 control groups). Anxiety level was measured using the Hospital Anxiety Depression Scale-Anxiety (HADS-A) questionnaire. Intervention group was given CBT which was carried out for 5 sessions and the duration of each session is 30-45 minutes, while the control group did not.

Results: There were no differences in the characteristics of respondents age, last education, employment status, companion during hemodialysis, history of hemodialysis and anxiety between the intervention and control groups ($p > 0.005$). Analysis of the Mann-Whitney test indicated there was significant difference in anxiety score between the intervention group and the control group ($p = 0.004$). The median delta anxiety score between the intervention and control groups was 0.5.

Conclusion: CBT decrease anxiety levels of patients with chronic kidney failure undergoing hemodialysis.

Keyword: Anxiety, Cognitive Behavior Therapy, Chronic Kidney Disease, Hemodialysis