

Pengaruh Pijat Refleksi Kaki Terhadap *Fatigue* pada Pasien Hemodialisis di Rumah Sakit Akademik Universitas Gadjah Mada

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INTISARI

Latar Belakang: *Fatigue* merupakan gejala paling umum terjadi pada pasien *chronic kidney disease* yang menjalani hemodialisis yang dapat berdampak buruk pada kualitas hidup. Pijat refleksi kaki merupakan terapi non farmakologis yang dapat digunakan untuk mengurangi gejala *fatigue*. Peneliti bertujuan mengetahui pengaruh pijat refleksi kaki terhadap *fatigue* pada pasien *chronic kidney disease* yang menjalani hemodialisis.

Metode: Penelitian dilakukan Februari – Maret 2020 di Rumah Sakit Akademik UGM. Desain penelitian *quasi experiment time series with control group*, melibatkan 60 responden (30 responden kelompok intervensi dan 30 kelompok kontrol). Pijat refleksi diberikan oleh terapis yang sudah tersertifikasi uji kompetensi pijat refleksi kaki level II relaksasi, pijat refleksi diberikan 2 sesi setiap minggu selama 4 minggu. 1 sesi pijat refleksi diberikan durasi 20 menit pada setiap kaki. Pengukuran *fatigue* menggunakan FACIT *Fatigue Scale*. Uji hipotesis menggunakan uji *independent sample t-test*. Uji besar efek menggunakan *Cohen's d*

Hasil: Hasil nilai *fatigue* pada masing-masing kelompok yaitu kelompok intervensi *pretest* ($34,40 \pm 9,79$), *posttest* 1 ($41,07 \pm 5,82$), *posttest* 2 ($40,90 \pm 7,88$), *posttest* 3 ($42,50 \pm 8,89$), *posttest* 4 ($44,00 \pm 7,11$) dan pada kelompok kontrol *pre test* ($35,30 \pm 8,47$), *post test* 1 ($34,83 \pm 9,82$), *post test* 2 ($33,80 \pm 10,34$), *post test* 3 ($33,27 \pm 9,83$), *post test* 4 ($33,40 \pm 11,80$). Selisih *fatigue* pada pengukuran *pretest* dengan *posttest* 4 kelompok intervensi $9,60 \pm 11,43$ dan pada kelompok kontrol $-1,90 \pm 8,95$ dengan nilai *p value*=0,001 (*p*<0,05), dan besar efek *cohen's d* = 1,12

Kesimpulan: Pijat refleksi kaki berpengaruh besar terhadap penurunan *fatigue* pada pasien *chronic kidney disease* yang menjalani hemodialisis

Kata Kunci: Pijat Refleksi Kaki, *Fatigue*, *Chronic Kidney Disease*, Hemodialisis

THE EFFECT OF FOOT REFLEXOLOGY MASSAGE ON FATIGUE IN HEMODIALYSIS PATIENTS AT ACADEMIC HOSPITAL OF UNIVERSITAS GADJAH MADA

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ABSTRACT

Background: Fatigue is the most common symptom in patients with chronic kidney disease undergoing hemodialysis which can adversely affect their quality of life. Foot reflexology is a non-pharmacological therapy that can be used to reduce symptoms of fatigue. This research aimed to determine the effect of foot reflexology on fatigue in patients with chronic kidney disease undergoing hemodialysis.

Methods: The research was conducted February - March 2020 at the UGM Academic Hospital. The research design was a quasi-experiment time series with control group, involving 60 respondents (30 respondents in the intervention group and 30 in the control group). Reflexology was given by a therapist who has been certified in the competency test of level II foot reflexology relaxation. Reflexology was given in 2 sessions every week for 4 weeks. One reflexology session lasted a duration of 20 minutes on each leg. Measurement of fatigue used the FACIT Fatigue Scale. Hypothesis testing used independent sample t test. The test of the effect size used Cohen's d.

Result: The results of the fatigue value in each group were the pretest intervention group ($34,40 \pm 9,79$), posttest 1 ($41,07 \pm 5,82$), posttest 2 ($40,90 \pm 7,88$), posttest 3 ($42,50 \pm 8,89$), and posttest 4 ($44,00 \pm 7,11$) and in the control group pretest ($35,30 \pm 8,47$), posttest 1 ($34,83 \pm 9,82$), posttest 2 ($33,80 \pm 10,34$), posttest 3 ($33,27 \pm 9,83$), and posttest 4 ($33,40 \pm 11,80$). The difference in fatigue in the pretest and posttest measurements in the 4 intervention groups was $9,60 \pm 11,43$ and in the control groups $-1,90 \pm 8,95$ with p value = 0,001 ($p < 0,05$), and the magnitude of the effect of Cohen's $d = 1,12$.

Conclusions: Foot reflexology massage has a large influence on the decrease in fatigue in patients undergoing hemodialysis.

Keywords: Foot Reflexology Massage, Fatigue, Chronic Kidney Disease, Hemodialysis