

ABSTRACT

CORRELATION BETWEEN COMPLEMENTARY THERAPIES AND COMFORT IN CHRONIC KIDNEY DISEASE PATIENTS AT PKU MUHAMMADIYAH HOSPITAL OF YOGYAKARTA

Siti Elya Bariroh¹, Heny Suseani P², Intansari Nurjannah³

¹ Student of Master of Nursing, FKKMK UGM

² Lecture of Medical Surgical Nursing Department, FKKMK UGM

³ Lecture of Mental Health and Community Nursing Department, FKKMK UGM

Background: Patients with end-stage chronic kidney disease require kidney replacement therapy to increase life expectancy. Kidney replacement therapy includes hemodialysis, peritoneal dialysis, or kidney transplant, but patients prefer hemodialysis for therapy. On average, hemodialysis therapy is done twice a week so that it has physical and psychosocial side effects, one of which is comfort.

Objective: This research aims to reveal the correlation between the use of complementary therapies and comfort in patients with chronic kidney disease undergoing hemodialysis at PKU Muhammadiyah Hospital of Yogyakarta.

Methods: The research employed a cross-sectional quantitative descriptive design. Samples were taken using the stratified random sampling method with a sample size of 67 respondents. Data were collected using demographic data, a questionnaire on the use of complementary therapies was developed by researchers with content validity by 3 subject matter experts, and a comfort questionnaire using the short general comfort questionnaire (SGCQ). Data were analyzed using the Spearman Rho tes

Results: The results of the research of respondents who used complementary therapy were 37 (55.2%). Respondents in the comfortable category (37.8%), very comfortable (62.2%). The relationship between the use of complementary therapies with comfort $p = 0.106$ ($p > 0.05$). The type of therapy had a significant relationship with comfort, namely massage terapi (0.042) and spiritual healing (0.034). Massage therapy, acupresure, acupuncture, yoga, herbs for food were related to the physical domain ($p < 0.05$), massage therapy, acupresure, acupuncture, reiki, spiritual healing, aromatherapy were related to the psychospiritual domain ($p < 0.05$). Massage therapy, acupresure, acupuncture, reiki, yoga, herbs for food, aromatherapy relate to the sociocultural domain. There was no therapy related to the environment ($p > 0.05$).

Conclusion: There is no relationship between the use of complementary therapies on the comfort of patients undergoing hemodialysis. Massage therapy, spiritual healing is related to comfort. Some complementary therapies are related to the physical, psychospiritual and sociocultural domains, but no therapy is related to the environment.

Keywords: chronic kidney disease, the use of complementary therapies, comfort.

INTISARI

HUBUNGAN PENGGUNAAN TERAPI KOMPLEMENTER TERHADAP KENYAMANAN (COMFORT) PADA PASIEN GAGAL GINJAL KRONIS (CHRONIC KIDNEY DISEASE) YANG MENJALANI HEMODIALISIS DI RS PKU MUHAMMADIYAH YOGYAKARTA

Siti Elya Bariroh¹, Heny Suseani P², Intansari Nurjannah³

¹ Mahasiswa Magister Keperawatan, FK KMK UGM, Yogyakarta

²Departemen Keperawatan Medikal Bedah, FK KMK UGM, Yogyakarta

³Departemen Keperawatan Jiwa, FK KMK UGM, Yogyakarta

Latar Belakang; Pasien gagal ginjal kronis pada tahap *end stage renal* memerlukan terapi pengganti ginjal untuk meningkatkan umur harapan hidup. Terapi pengganti ginjal yang banyak digunakan adalah hemodialisis yang dilakukan sepanjang hidup pasien sehingga berdampak pada masalah fisik, psikososial salah satunya adanya gangguan kenyamanan.

Tujuan; Penelitian ini bertujuan mengetahui hubungan penggunaan terapi komplementer terhadap kenyamanan pada pasien yang menjalani hemodialisis.

Metode: Desain penelitian menggunakan deskriptif, rancangan *cross sectional*. Teknik pengambilan sampel menggunakan *stratified random sampling*. Responden berjumlah 67. Pengambilan data menggunakan kuesioner penggunaan terapi komplementer bagi pasien yang menjalani hemodialisis, yang dikembangkan oleh peneliti dan kuesioner kenyamanan *short general comfort questionnaire* (SGCQ). Analisis data menggunakan uji *Mann Whitney*.

Hasil: Hasil penelitian responden yang menggunakan terapi komplementer 37 (55,2%). Responden pada kategori nyaman (37,8%), sangat nyaman (62,2%). Hubungan penggunaan terapi komplementer dengan kenyamanan $p=0,106$ ($p>0,05$) Jenis terapi mempunyai hubungan yang signifikan terhadap kenyamanan yaitu terapi pijat ($p=0,042$) dan terapi spiritual ($p=0,034$). Terapi pijat, akupresur, akupunktur, yoga, herbal untuk makanan berhubungan dengan domain fisik ($p<0,05$), terapi pijat, akupresur, akupunktur, reiki, terapi spiritual, aromaterapi berhubungan dengan domain psikospiritual ($p<0,05$). Terapi pijat, akupresur, akupunktur, reiki, yoga, herbal untuk makanan, aromaterapi berhubungan dengan domain sosiokultural. Tidak ada terapi berhubungan dengan domain lingkungan ($p>0,05$).

Kesimpulan: Tidak ada hubungan penggunaan terapi komplementer terhadap kenyamanan pasien yang menjalani hemodialisis. Terapi pijat, terapi spiritual berhubungan dengan kenyamanan. Beberapa terapi komplementer berhubungan dengan domain fisik, psikospiritual dan sosiokultural, tetapi tidak ada terapi yang berhubungan dengan lingkungan.

Kata kunci: gagal ginjal kronik, penggunaan terapi komplementer, kenyamanan.