

HUBUNGAN KUALITAS TIDUR DENGAN KUALITAS HIDUP PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISIS DI RSUD WATES

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INTISARI

Latar belakang: Penderita gagal ginjal kronik di Indonesia mengalami peningkatan dari tahun ke tahun. Penatalaksanaan gagal ginjal kronik yang sering dilakukan adalah hemodialisis. Permasalahan yang banyak dialami oleh pasien gagal ginjal kronik adalah gangguan tidur yang dapat mempengaruhi kualitas tidur. Proses hemodialisis juga berdampak pada kualitas hidup pasien.

Tujuan : Untuk mengetahui hubungan antara kualitas tidur dengan kualitas hidup pada pasien gagal ginjal kronik yang menjalani hemodialisis di Unit Hemodialisis RSUD Wates.

Metode: Jenis penelitian *non-eksperimental* dengan menggunakan rancangan *cross sectional* dengan subyek pasien hemodialisis rutin sebanyak 59 orang dengan menggunakan *konsekutif sampling*. Data diperoleh dengan menggunakan kuesioner *Pittsburgh Sleep Quality Index (PSQI)* dan *Kidney Disease Quality of Life (KDQOL)*. Analisis data menggunakan *Chi Square*.

Hasil: Kualitas tidur pasien secara umum buruk (5,95) dan kualitas hidup pasien secara umum baik (63,5). Terdapat hubungan dengan nilai $p = 0,021$.

Kesimpulan: Terdapat hubungan antara kualitas tidur dengan kualitas hidup pada pasien gagal ginjal kronik yang menjalani hemodialisis di Unit Hemodialisis RSUD Wates.

Kata kunci: Hemodialisis, Kualitas Tidur, Kualitas Hidup

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THE RELATION BETWEEN SLEEP QUALITY AND QUALITY OF LIFE IN PATIENTS CHRONIC KIDNEY DISEASE UNDERGOING HEMODIALYSIS AT HEMODIALYSIS UNIT, WATES HOSPITAL

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ABSTRACT

Background: Patients with chronic renal failure in Indonesia has increased each year. One of management of chronic renal failure is hemodialysis. The problems that experienced by many patients with chronic kidney disease is sleep disorder that can affect the quality of sleep. The process of hemodialysis also have an impact on the quality of life of patients.

Objective: To discover the relation between quality of sleep and quality of life in patients with chronic renal failure undergoing hemodialysis at the Hemodialysis Unit, Wates Hospital.

Method: This was non-experimental study using cross sectional design with the subject of regular hemodialysis patients as many as 59 people using consecutive sampling. The data were obtained using a questionnaire Pittsburgh Sleep Quality Index (PSQI) and Kidney Disease Quality of Life (KDQOL). Data analysis using Chi Square.

Result: The patients' sleep quality is generally poor (5.95) and quality of life of patients in general good (63.5). There is a relationship with a p-value of 0.021.

Conclusion: There was relation between sleep quality and quality of life in patients with chronic renal failure undergoing hemodialysis at the Hemodialysis Unit, Wates Hospital.

Keywords: Hemodialysis, Sleep Quality, Quality of Life

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