

INTISARI

Latar Belakang: Proses terapi hemodialisa bisa berlangsung sangat lama, bahkan seumur hidup. Lamanya proses hemodialisa akan menyebabkan gangguan psikologis tidak hanya pada pasien, akan tetapi juga *family caregiver* mereka. Gangguan psikologis tersebut antara lain ansietas, depresi dan stres yang akan berdampak pada *outcome* pengobatan pasien. Namun, penelitian terkait ansietas, depresi dan stres pada *family caregiver* hemodialisis masih jarang dilakukan.

Tujuan Penelitian: Mengetahui gambaran ansietas, depresi dan stres pada *family caregiver* dari pasien hemodialisis di Unit Hemodialisa RSUP Dr. Sardjito Yogyakarta

Metode Penelitian: Penelitian ini merupakan penelitian deskriptif kategorikal dengan metode *cross-sectional*. Pengambilan data dalam penelitian ini dilakukan secara kuantitatif dengan menggunakan kuisioner DASS-42. Sampel dalam penelitian ini 121 *family caregiver* pasien hemodialisis di RSUP Dr. Sardjito.

Hasil: *Family caregiver* pasien hemodialisis di Unit Hemodialisa RSUP Dr. Sardjito, Yogyakarta, sebagian besar tidak mengalami ansietas (97%), tidak mengalami depresi (90,9%) dan tidak mengalami stres (86,8%). Terdapat perbedaan antara jenis kelamin dan aspek depresi ($p=0,040$) serta aspek stres ($p=0,016$) dan perbedaan antara usia dan aspek stres ($p=0,008$).

Kesimpulan: Sebagian besar *family caregiver* pasien hemodialisis dalam penelitian ini tidak mengalami ansietas, depresi dan stres.

Kata kunci: ansietas, depresi, *family caregiver*, hemodialisa, stres

ABSTRACT

Background: Hemodialysis therapy process can take in very long time, even for a life time. The long process of hemodialysis will affect psychological disorder not only to a patient, but also to their family caregiver. Those disorders are anxiety, depression, and stress that will affect the outcome of patient recovery. However, research about anxiety, depression and stress in hemodialysis family caregiver is still rare.

Objective: To discover anxiety, depression, and stress description on family caregiver of hemodialysis patient in Hemodialysis Unit RSUP Dr. Sardjito Yogyakarta.

Research Methode: This research is descriptive categorical research with cross-sectional method. The data in this research are obtained by quantitative method with questioner Depression Anxiety Stress Scale (DASS) 42. The participants in the research were 121 family caregiver of hemodialysis patient in RSUP Dr. Sardjito.

Result: Most of Family caregiver of hemodialysis patient in Hemodialysis Unit RSUP Dr. Sardjito Yogyakarta do not have anxiety (97%), do not have depression (90.9%), and do not have stress (86, 8%). There is a difference between gender and depression ($p=0,040$) and stress ($p=0.016$) and difference between age and stress ($p=0,008$).

Conclusion: Most of the family caregiver of hemodialysis patient in this research do not have anxiety, depression, and stress.

Key words: anxiety, depression, family caregiver, hemodialisys, stress