

INTISARI

Latar Belakang: Salah satu penyakit kronis yang terjadiannya terus meningkat setiap tahunnya ialah gagal ginjal kronis (GGK). Di dunia hemodialisa menjadi pilihan terapi utama pasien GGK. Sejak menjalani hemodialisa pasien akan mengalami perubahan baik fisik maupun psikologis. Perubahan pada pasien akan menimbulkan dampak juga terhadap *family caregiver* yang merawat. *Family caregiver* menghabiskan 12-14 jam sehari dalam perawatan pasien, sehingga akan berdampak pada kualitas hidupnya. Oleh karena itu peneliti ingin mengetahui bagaimana gambaran kualitas hidup *family caregiver* pasien hemodialisa di Unit Hemodialisa RSUP Dr. Sardjito Yogyakarta.

Tujuan Penelitian: Untuk mengetahui gambaran kualitas hidup *family caregiver* pasien hemodialisa di Unit hemodialisa RSUP Dr. Sardjito Yogyakarta

Metode: Penelitian ini merupakan penelitian kuantitatif dengan menggunakan rancangan *cross-sectional*, dilakukan Bulan Maret 2017. Responden dalam penelitian ialah *family caregiver* pasien hemodialisa di Unit Hemodialisa RSUP Dr. Sardjito Yogyakarta sejumlah 121 orang yang ditentukan dengan teknik sampling *consecutive sampling*. Penelitian ini menggunakan kuisioner *Short Form-36* (SF-36), data yang diperoleh dianalisis secara univariat.

Hasil: Gambaran kualitas hidup *family caregiver* pasien hemodialisa di Unit Hemodialisa RSUP Dr. Sardjito Yogyakarta diperoleh *mean* pada domain kualitas hidup fungsi fisik ($83,7 \pm 29,4$), keterbatasan peran karena masalah fisik ($63,8 \pm 48,1$), keterbatasan peran karena masalah emosi ($68,8 \pm 46,3$), vitalitas ($68,7 \pm 25,2$), kesehatan mental ($77,2 \pm 23,9$), fungsi sosial ($68,8 \pm 24,6$), nyeri tubuh ($72,3 \pm 21,6$), dan kesehatan secara umum ($60,3 \pm 23,4$).

Kesimpulan: Gambaran kualitas hidup *family caregiver* pasien hemodialisa di Unit Hemodialisa RSUP Dr. Sardjito Yogyakarta dalam keadaan baik.

Kata Kunci: Hemodialisa, *Family Caregiver*, Kualitas Hidup

ABSTRACT

Background: Chronic kidney failure is considered as one of chronic disease which increases rapidly every year. Many patients decide hemodialysis therapy as their main therapy. Since they start the Hemodialysis therapy, there will be changing towards physical and psychology. The changeable aspects among the patients due to the hemodialysis therapy will be affected as well among the family caregiver. The family caregiver spends 12 to 14 hours a day to take care the patient moreover, the effect might be seen towards family caregiver such as the quality of their life. Therefore, the writer plans to illustrate the quality of life for family caregiver towards hemodialysis' patient at RSUP Dr. Sardjito Yogyakarta.

Objectives: To observe the quality of life description for family caregiver among hemodialysis' patient at RSUP Dr. Sardjito Yogyakarta

Methodology: The research was quantitative research by using cross sectional method, where was organized on March 2017. The samples were family caregiver of the hemodialysis' patient at RSUP Dr. Sardjito Yogyakarta. There were 121 samples who were determined by consecutive sampling. The research is using Short Form-36 Quisisionaire. the data was analyzed by using univariate.

Results: Based on the research the quality of life for family caregiver among hemodialysis' patient at RSUP Dr. Sardjito Yogyakarta were explained below for mean at the quality of life domain physical function ($83,7 \pm 29,4$), the action deficiency due to physical issues ($63,8 \pm 48,1$), the action deficiency due to emotional issues ($68,8 \pm 46,3$), vitality ($68,7 \pm 25,2$), mental health ($77,2 \pm 23,9$), social function ($68,8 \pm 24,6$), pain ($72,3 \pm 21,6$), and health in general ($60,3 \pm 23,4$).

Conclusion: The quality of life description for family caregiver among hemodialysis patient at RS. Dr Sardjito Yogyakarta in the unit are good.

Keyword: Hemodialysis, Family Caregiver, Quality Of Life