

THE ROLE OF RESILIENCE, POSITIVE SOCIAL RELATIONSHIPS, AND HEALTH BELIEF TOWARDS EMOTIONAL WELL-BEING IN HEMODIALYSIS PATIENTS

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ABSTRACT

Diagnosed to have end-stage renal disease and to be treated with maintenance hemodialysis implies being dependent on lifelong treatment. Several studies have reported that hemodialysis patients suffer symptom burden and impaired well-being due to both disease and treatment. This study aimed to examine the role of resilience, positive social relationships, and health belief to emotional well-being in hemodialysis patients. The subjects were patients with end-stage renal disease undergoing regularly hemodialysis at the hemodialysis unit within Dr. Soetomo Hospital, Surabaya. The subjects were selected by purposive sampling, the subjects of this study were selected based on the consideration of particular criteria, Babbie (in Creswell, 2010) using the term of nonprobability (or convenience sample), the subjects were selected based on the convenience and willingness to participate. This study involved a number of 55 hemodialysis patients including 34 men and 21 women, aged 26-60 years. This study used quantitative method by conducting survey, data collection was conducted using five scales, namely: Scale of Positive and Negative Experience (SPANE) and Satisfaction with Life Scale (SWLS), 10-Item Connor-Davidson Resilience Scale (10-Item CD-RISC), Medical Outcomes Study Social Support Survey (MOS-SSS), and Health Belief scale. Data analysis was performed using statistical analysis through multiple regression. Results of the multiple regression suggest that the hypothesis is rejected, it means that resilience, positive social relationships, and health belief unable to predict emotional well-being simultaneously ($F = 2,363$, $p > 0,05$). Partially, based on t value, only resilience has significant contribution to emotional well-being, while positive social relationships and health belief respectively has insignificant contribution to emotional well-being.

Keywords: Emotional well-being, resilience, positive social relationships, health belief.

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PERAN RESILIENSI, POSITIVE SOCIAL RELATIONSHIPS, DAN HEALTH BELIEF TERHADAP EMOTIONAL WELL-BEING PASIEN HEMODIALISIS

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INTISARI

Didiagnosis memiliki penyakit ginjal stadium akhir dan harus menjalani perawatan hemodialisis mengimplikasikan menjadi tergantung pada *treatment* seumur hidup. Sejumlah studi melaporkan pasien hemodialisis mengalami beban simptom dan terganggunya *well-being* akibat penyakit dan *treatment* hemodialisis. Penelitian ini bertujuan untuk menguji peran resiliensi, *positive social relationships*, dan *health belief* terhadap *emotional well-being* pasien hemodialisis. Subjek penelitian ini adalah pasien penyakit ginjal stadium akhir yang menjalani hemodialisis secara rutin di instalasi hemodialisis RSUD Dr. Soetomo, Surabaya. Pemilihan subjek penelitian melalui *purposive sampling*, artinya subjek penelitian dipilih berdasarkan pertimbangan kriteria tertentu, Babbie (dalam Creswell, 2010) menggunakan istilah *nonprobability* (atau *convenience sample*), artinya subjek penelitian dipilih berdasar kemudahan dan kesediaan berpartisipasi. Penelitian ini melibatkan pasien hemodialisis sejumlah 55 meliputi 34 laki-laki dan 21 perempuan, usia 26-60 tahun. Penelitian ini menggunakan metode kuantitatif dengan melakukan survei, pengumpulan data dilakukan menggunakan lima skala yakni Scale of Positive and Negative Experience (SPANE) dan Satisfaction with Life Scale (SWLS), 10-Item Connor-Davidson Resilience Scale (10-Item CD-RISC), Medical Outcomes Study Social Support Survey (MOS-SSS), dan skala Health Belief. Analisis data dilakukan menggunakan analisis statistik uji regresi ganda. Hasil uji regresi ganda menunjukkan bahwa hipotesis ditolak, artinya resiliensi, *positive social relationships*, dan *health belief* secara simultan tidak dapat memprediksi *emotional well-being* pasien hemodialisis ($F = 2,363$, $p > 0,05$). Secara parsial, dari nilai t diketahui hanya resiliensi memberi kontribusi signifikan terhadap *emotional well-being*, sementara *positive social relationships* dan *health belief* masing-masing tidak memberi kontribusi signifikan terhadap *emotional well-being*.

Kata kunci: *Emotional well-being*, resiliensi, *positive social relationships*, *health belief*.

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