

SUBJECTIVE WELL-BEING PASIEN PENYAKIT GINJAL KRONIK YANG MENJALANI HEMODIALISIS DI RSUP DR. SARDJITO YOGYAKARTA

INTISARI

Latar Belakang: Hemodialisis merupakan terapi jangka panjang yang dapat menimbulkan efek samping fisik dan psikis bagi pasien penyakit ginjal kronik. Efek samping fisik yang muncul seperti mual, muntah dan sebagainya, sementara efek samping psikis yang sering muncul seperti stres, depresi dan cemas. Efek samping fisik dan psikis yang terjadi berpotensi menurunkan tingkat *subjective well-being*. Tingkat *subjective well-being* yang rendah menyebabkan status kesehatan pasien menjadi menurun.

Tujuan: Mengetahui faktor-faktor yang berhubungan dengan *subjective well-being* pasien penyakit ginjal kronik yang menjalani hemodialisis di RSUP Dr. Sardjito Yogyakarta.

Metode: Jenis penelitian ini ialah analitik observasional dengan rancangan *cross sectional*. Jumlah sampel sebanyak 110 orang. Penelitian dilakukan di Unit Hemodialisis RSUP Dr. Sardjito Yogyakarta. Teknik pengambilan sampel dilakukan dengan menggunakan teknik *consecutive sampling*. Pengambilan data dilakukan dengan menggunakan 5 kuesioner yakni kuesioner data demografi, kuesioner *Personal Wellbeing Index-Adult* (PWI-A), kuesioner *Rosenberg Self-Esteem Scale* (RSES), kuesioner *Sarason's Social Support Questioner* (SSQ) dan kuesioner nilai-nilai agama. Analisis data dilakukan dengan uji *chi-square*.

Hasil: Mayoritas pasien (55,5%) memiliki *subjective well-being* yang tinggi. Faktor yang berhubungan dan paling dominan memengaruhi *subjective well-being* hanya harga diri ($p=0,010$).

Kesimpulan: Faktor yang berhubungan dengan *subjective well-being* yakni harga diri. Berbagai tindakan yang dapat meningkatkan harga diri pasien hemodialisa penting untuk dilakukan agar dapat mempertahankan atau meningkatkan *subjective well-being* pasien.

Kata Kunci: *subjective well-being*, penyakit ginjal kronik, hemodialisis.

Factors Related to Subjective Well-Being of the Patients with Chronic Kidney Disease Undergoing Hemodialysis in DR. Sardjito Hospital of Yogyakarta

ABSTRACT

Background: Hemodialysis is a long-term therapy that trigger both physical and psychological side effect for patients with chronic kidney disease. Typical physical side effects that appear are like nauseating and vomiting, meanwhile psychological effects that frequently appear are being stressed, depressed, and anxious. Such side effects are likely to decrease subjective well-being level that brings patient's health worse.

Purpose: To know the factors related to subjective well-being of the patients with chronic kidney disease who are undergoing hemodialysis in Sardjito Hospital of Yogyakarta.

Method: This is an analytical observational study with cross sectional research design. The study sample consisted of 110 patients. It was carried out in Hemodialysis Unit of Dr. Sardjito Hospital of Yogyakarta. Consecutive sampling was applied in order to get the samples. Furthermore, data were gathered through 5 questionnaires, including demography-related data, *Personal Wellbeing Index-Adult* (PWI-A), *Rosenberg Self-Esteem Scale* (RSES), *Sarason's Social Support Questioner* (SSQ), and religion values questionnaires. The data were analyzed using *chi-square*.

Results: The majority of the patients (55,5%) have high subjective well-being that is self-esteem. The related and most dominant influential factor toward subjective well-being was self-esteem ($p=0,010$).

Conclusion: Factor that is related to subjective well-being is self-esteem. All kinds of actions that can increase self-esteem of the patients with hemodialysis are important to be done in order to opmaintain and boost their subjective well-being.

Keywords: subjective well-being, chronic kidney disease, hemodialysis.