

## ABSTRAK

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### PENGARUH RELAKSASI OTOT PROGRESIF TERHADAP *FATIGUE* PADA PASIEN GAGAL GINJAL YANG MENJALANI HEMODIALISA DI RSD K.R.M.T WONGSONEGORO SEMARANG

**Latar Belakang:** Penyakit Gagal Ginjal Kronis (GGK), yang dianggap sebagai penyakit pembunuh secara diam-diam, merupakan salah satu masalah kesehatan paling umum di seluruh dunia. GGK adalah penyakit ginjal yang semakin parah yang tidak dapat pulih kembali. Ini menyebabkan tubuh tidak dapat mengendalikan metabolisme dan menjaga keseimbangan cairan dan elektrolit, yang menyebabkan peningkatan ureum.

**Metode:** Jenis penelitian kuantitatif, pra-eksperimental penelitian *one group pre-posttest design without control*, Teknik purposive sampling sebanyak 53 responden. Dengan Uji Wilcoxon.

**Hasil:** Hasil pre test pada penelitian ini menunjukkan bahwa mayoritas responden mengalami lelah sedang sebanyak 25 (47,2%) dan setelah diberikan terapi relaksasi otot progresif menunjukkan bahwa mayoritas responden mengalami lelah ringan sebanyak 40 (75,5%). Hasil dari uji Wilcoxon sebanyak 7 responden tidak mengalami perubahan tingkat kelelahan dimana nilai p-valuenya yaitu  $0,000 < 0,05$  yang artinya  $H_a$  diterima  $H_0$  ditolak.

**Kesimpulan:** Ada pengaruh relaksasi otot progresif terhadap *fatigue* pada pasien gagal ginjal kronik yang menjalani hemodialisa di RSD K.R.M.T Wongsonegoro Semarang

**Kata kunci:** *Fatigue*, Gagal Ginjal Kronik, Relaksasi Otot Progresif

**Daftar Pustaka:** (2019-2024)

## **ABSTRACT**

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**THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION ON FATIGUE  
IN PATIENTS WITH KIDNEY FAILURE UNDERGOING HEMODIALYSIS  
AT RSD K.R.M.T WONGSONEGORO SEMARANG**

**Background:** Chronic Kidney Failure (CKD), which is considered a silent killer, is one of the most common health problems throughout the world. CKD is an increasingly severe kidney disease that cannot be reversed. This causes the body to be unable to control metabolism and maintain fluid and electrolyte balance, which causes an increase in urea.

**Method:** Quantitative research type, pre-experimental research, one group pre-posttest design without control, purposive sampling technique of 53 respondents. With the Wilcoxon Test.

**Results:** The pre-test results in this study showed that the majority of respondents experienced moderate fatigue, 25 (47.2%) and after being given progressive muscle relaxation therapy showed that the majority of respondents experienced mild fatigue, 40 (75.5%). The results of the Wilcoxon test as many as 7 respondents did not experience a change in the level of fatigue where the p-value was  $0.000 < 0.05$ , which means that  $H_a$  was accepted and  $H_0$  was rejected.

**Conclusion:** There is an effect of progressive muscle relaxation on fatigue in chronic kidney failure patients undergoing hemodialysis at RSD K.R.M.T Wongsonegoro Semarang

**Keywords:** Chronic Kidney Failure, Fatigue, Progressive Muscle Relaxation

**Bibliography:** (2019-2024)