

Program Studi Keperawatan Program Sarjana

Universitas Widya Husada Semarang

Semarang, Desember 2024

ABSTRAK

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Pengaruh Terapi Perilaku Kognitif Terhadap Pengetahuan Pembatasan Asupan Cairan Pasien Hemodialisa Di Rsud K.R.M.T Wongsonegoro Kota Semarang

Latar Belakang: Hemodialisa merupakan perawatan pasien yang mengalami gagal ginjal kronis. Studi menyelidiki bagaimana terapi perilaku kognitif mempengaruhi pemahaman pasien tentang batasan konsumsi cairan. Biasanya, penyakit ini memerlukan dua tahap pengobatan. Tahap pertama adalah perawatan konservatif, yang berupaya mengatasi penyebab yang dapat dimodifikasi, menjaga kesehatan pasien tetap stabil, dan menghentikan penyakit agar tidak bertambah parah.

Metode: Penelitian ini menggunakan teknik deskriptif dengan desain pra-eksperimental *One Group Pretest-Posttest*. Sampel diambil menggunakan rumus sampling kuota dengan populasi total sebanyak 60 responden. Instrumen yang digunakan adalah SOP Terapi Perilaku Kognitif dan kuesioner Pembatasan Asupan Cairan. Uji validitas Kuesioner kepatuhan terhadap pembatasan cairan pada pasien PGK dengan hasil 0,514. Uji reliabilitas dengan hasil 0,70, yang menunjukkan bahwa data sudah sangat reliabel dengan nilai alfa di atas 0,6.

Hasil: Sebelum terapi, 35 (58,3%) tidak patuh, 17 (28,3%) agak patuh, 8 (13,3%) patuh. Setelah terapi, 3 (5%) tidak patuh, 11 (18,3%) agak patuh, dan 46 (76,7%) patuh. Hasil Uji Wilcoxon nilai p 0,000, menunjukkan bahwa terdapat pengaruh terapi perilaku kognitif terhadap pengetahuan pembatasan asupan cairan.

Kesimpulan: Karakteristik partisipan penelitian menunjukkan bahwa responden terbanyak berjenis kelamin perempuan, kelompok umur terbanyak adalah lansia akhir (56–65 tahun), tingkat pendidikan tertinggi adalah lulusan SMA, dan pekerjaan terbanyak adalah ibu rumah tangga. Terapi perilaku kognitif berpengaruh signifikan terhadap pemahaman pasien hemodialisis tentang keterbatasan asupan cairan.

Kata Kunci: : Gagal Ginjal Kronis, Hemodialisa, Pembatasan Asupan Cairan, Pengetahuan, Terapi Perilaku Kognitif

Daftar Pustaka: 64 (2019-2024)

ABSTRACT

Siti Hanifah

The Effect of Cognitive Behavioral Therapy on Knowledge of Fluid Intake Restrictions in Hemodialysis Patients

Background: Hemodialysis is a treatment for patients with chronic kidney failure. The study investigated how cognitive behavioral therapy affects patients' understanding of fluid intake restrictions. Typically, this disease requires two stages of treatment. The first stage is conservative care, which attempts to address modifiable causes, keep the patient's health stable, and stop the disease from getting worse.

Research Method: This study used a descriptive technique with a One Group Pretest-Posttest pre-experimental design. The sample was taken using the Kuota Sampling formula with a total population of 60 respondents. The instruments used were the SOP for Cognitive Behavioral Therapy and the Fluid Intake Restriction questionnaire. Validity test of the Compliance Questionnaire for Fluid Restriction in PGK Patients with a result of 0.514. Reliability test with a result of 0.70, indicating that the data is very reliable with an alpha value above 0.6.

Results: Before therapy, 35 (58.3%) were non-compliant, 17 (28.3%) were somewhat compliant, 8 (13.3%) were compliant. After therapy, 3 (5%) were non-compliant, 11 (18.3%) were somewhat compliant, and 46 (76.7%) were compliant. The results of the Wilcoxon Test p value of 0.000, indicating that there was an effect of cognitive behavioral therapy on knowledge of fluid intake restrictions.

Conclusion: The characteristics of the research participants show that the majority of respondents were female, the largest age group was the late elderly (56–65 years), and the highest level of education was graduate. High school, and most jobs are housewives. Cognitive behavioral therapy has a significant effect on hemodialysis patients' understanding of fluid intake limitations.

Keywords: Chronic Kidney Failure, Hemodialysis, Fluid Restriction, Knowledge, Cognitive Behavioral Therapy

Bibliography: 64 (2019-2024)