

Program Studi Keperawatan Program Sarjana
Universitas Widya Husada Semarang
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ABSTRAK

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Hubungan IMT (indeks masa tubuh) dengan kram otot pasien hemodialisa di RSUD Dr Gondo Sauwarno Ungaran

Xvi + 68 hal + 7 tabel + 2 gambar

Latar belakang: Hemodialisa adalah terapi yang harus dilakukan secara terus menerus seumur hidup kecuali pasien berhasil menjalani transplatasi ginjal. Hemodialisa adalah terapi pengganti ginjal yang sering menyebabkan komplikasi, salah satunya kram otot. Kram otot dapat mengganggu kenyamanan dan kualitas hidup pasien. Indeks Massa Tubuh (IMT) merupakan salah satu indikator status gizi dengan pengukuran tinggi badan dan berat badan

Tujuan Penelitian : Mengetahui hubungan imt (indeks masa tubuh) dengan kram otot pasien hemodialisa di RSUD Dr Gondo Suwarno Ungaran

Metode: Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross sectional. Jumlah sampel sebanyak 58 pasien hemodialisa yang dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui pengukuran IMT (indeks masa tubuh) dan kuesioner kram otot. Analisis data dilakukan menggunakan uji korelasi Rank Spearman. Dengan uji etik No : 32/EC-LPPM/UWHSIII-2025

Hasil: Hasil Analisa menggunakan uji rank spearmen rho menunjukkan bahwa nilai signifikansi (p) sebesar $0,822 > 0,05$ dan nilai koefisien korelasi sebesar $-0,030$, yang artinya H_0 diterima dan (H_a) Hipotesis alternatif di tolak

Kesimpulan: Tidak terdapat hubungan yang signifikan antara IMT (indeks masa tubuh) dengan kram otot pada pasien hemodialisa di RSUD Dr. Gondo Suwarno Ungaran. Hal ini menunjukkan bahwa faktor lain di luar IMT (indeks masa tubuh) kemungkinan lebih berperan terhadap kejadian kram otot.

Kata Kunci: Hemodialisa; IMT (indeks masa tubuh); kram otot

Daftar Pustaka: 69 (2018-2025)

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ABSTRACT

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Relationship between BMI (body mass index) and muscle cramps in hemodialysis patients at Dr Gondo Sauwarno Ungaran Hospital

Xvi + 68 pages + 7 tables + 2 images

Background: Hemodialysis is a therapy that must be carried out continuously for life unless the patient successfully undergoes a kidney transplant. Hemodialysis is a kidney replacement therapy that often causes complications, one of which is muscle cramps. Muscle cramps can interfere with the comfort and quality of life of patients. Body Mass Index (BMI) is an indicator of nutritional status by measuring height and weight.

Research Purposes : This study aimed to determine the relationship between BMI and muscle cramps in hemodialysis patients at Dr. Gondo Suwarno Ungaran

Method: This study used a quantitative design with a cross-sectional approach. The number of samples was 58 hemodialysis patients selected using a purposive sampling technique. Data were collected through BMI measurements and muscle cramp questionnaires. Data analysis was carried out using the Spearman Rank correlation test. With ethical test : 32/EC-LPPM/UWHSIII-2025

Results: The results of the statistical test showed that the significance value (p) was 0.835 and the correlation coefficient value was 0.028. This shows that there is no significant relationship between BMI and muscle cramps in hemodialysis patients

Conclusion: There is no significant relationship between BMI and muscle cramps in hemodialysis patients at Dr. Gondo Suwarno Ungaran Hospital. This shows that other factors outside of BMI (body mass indeks) may play a greater role in the incidence of muscle cramps.

Keywords: Hemodialysis, body mass index, muscle cramps

Bibliography: 69 (2018-2025)

