

ABSTRAK

Taufik Syarifudin

Pengaruh Relaksasi Otot Progresif Terhadap Tingkat Kecemasan Pada Pasien Gagal Ginjal Kronis di Ruang Hemodialisa RSUD Bendan Kota Pekalongan

xi + 6 bab + 57 halaman + 5 tabel + 17 gambar + 10 lampiran

Latar Belakang: Penyakit gagal ginjal kronis menjadi salah satu penyebab kematian dan gangguan kesehatan. Prevalensi penyakit gagal ginjal kronis di Indonesia tahun 2023 sebesar 0,18% dan yang harus menjalani hemodialisa sebanyak 96%. Pasien gagal ginjal kronik harus menjalani terapi hemodialisa seumur hidup. Terapi hemodialisa menimbulkan efek samping fisik dan psikologis seperti kecemasan, yang membutuhkan penatalaksanaan seperti relaksasi otot progresif. Tujuan penelitian ini adalah mengetahui pengaruh relaksasi otot progresif terhadap tingkat kecemasan pada pasien gagal ginjal kronis di Ruang Hemodialisa RSUD Bendan Kota Pekalongan.

Metode: Desain penelitian menggunakan *quasi experiment* dengan rancangan *one group pretest and posttest design*. Populasi penelitian adalah semua pasien gagal ginjal kronik yang menjalani hemodialisa di RSUD Bendan Kota Pekalongan pada bulan April-Juni 2024. Sampel penelitian adalah pasien gagal ginjal kronik yang menjalani hemodialisa di RSUD Bendan Kota Pekalongan sebanyak 60 orang. Penelitian ini telah lolos uji etik dengan nomor surat 105/EC-LPPM/UWHS/XII-2024. Instrumen penelitian menggunakan kuesioner *Zung Self-Rating Anxiety*. Analisa data menggunakan uji *wilcoxon*.

Hasil: Terdapat 65 orang (65%) mengalami cemas ringan sebelum diberikan relaksasi otot progresif dan 58 orang (96,7%) tidak mengalami cemas atau normal sesudah diberikan relaksasi otot progresif. Ada pengaruh relaksasi otot progresif terhadap tingkat kecemasan pada pasien gagal ginjal kronis di Ruang Hemodialisa RSUD Bendan Kota Pekalongan dengan $p \text{ value } 0,000 < 0,05$.

Kesimpulan: . Relaksasi otot progresif berpengaruh terhadap kecemasan pasien gagal ginjal yang menjalani hemodialisa.

Kata kunci : Gagal Ginjal Kronik, Kecemasan, Relaksasi Otot Progresif
Kepustakaan : 55 (2015-2024)

ABSTRACT

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The Effect of Progressive Muscle Relaxation on Anxiety Levels in Chronic Kidney Failure Patients in the Hemodialysis Room of Bendan Hospital, Pekalongan City

xi + 6 chapters + 57 pages + 5 tables + 17 figures + 10 attachments

Background: Chronic kidney failure disease is one of the causes of death and health problems. The prevalence of chronic kidney failure disease in Indonesia in 2023 was 0.18% and those who had to undergo haemodialysis were 96%. Chronic renal failure patients must undergo haemodialysis therapy for life. Haemodialysis therapy causes physical and psychological side effects such as anxiety, which requires management such as progressive muscle relaxation. The purpose of this study was to determine the effect of progressive muscle relaxation on anxiety levels in patients with chronic renal failure in the Hemodialysis Room of Bendan Hospital, Pekalongan City

Methods: The research design used quasi experiment with one group pretest and posttest design. The study population was all chronic renal failure patients undergoing haemodialysis at Bendan Hospital Pekalongan City in April-June 2024. The research sample was 60 patients with chronic renal failure undergoing haemodialysis at Bendan Hospital, Pekalongan City. The research instruments used Zung Self-Rating Anxiety questionnaire. This research has passed the ethical test with letter number 105/EC-LPPM/UWHS/XII-2024. Data analysis used the Wilcoxon test.

Results: There were 65 people (65%) experiencing mild anxiety before being given progressive muscle relaxation and 58 people (96.7%) did not experience anxiety or normal after being given progressive muscle relaxation. There was effect of progressive muscle relaxation on anxiety levels in patients with chronic renal failure in the Hemodialysis Room of Bendan Hospital, Pekalongan City with a p value of $0.000 < 0.05$

Conclusion: Progressive muscle relaxation has an effect on the anxiety of kidney failure patients undergoing haemodialysis.

Keywords : Chronic Kidney Failure, Anxiety, Progressive Muscle Relaxation
Literature : 35 (2015-2024)

