Program Studi Keperawatan

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ABSTRAK

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HUBUNGAN TINGKAT STRES DAN KUALITAS TIDUR PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISA DI RSI PKU MUHAMMADIYAH PEKAJANGAN

Xvi + 71 Hal + 6 Tabel + 2 Gambar + 8 Lampiran

Latar Belakang : Gagal ginjal kronik merupakan penyakit ginjal tahap akhir. Pasien gagal ginjal kronik yang menjalani hemodialisa juga rentan terhadap masalah emosional seperti stres, Stres paling umum yang dihadapi pasien gagal ginjal kronis sama dengan pasien penyakit lainnya yaitu harus menghadapi kehilangan kesehatan, kemandirian, kontrol terhadap lingkungannya, kesulitan keuangan, pembatasan waktu luang untuk melakukan kegiatan, dll. Masalah stres tersebut dapat mengakibatkan berbagai masalah keperawatan diantaranya gangguan tidur. Tujuan penelitian ini untuk mengetahui hubungan tingkat stres dan kualitas tidur pasien gagal ginjal kronik yang menjalani hemodialisa di RSI PKU Muhammadiyah Pekajangan.

Metode : Penelitian ini merupakan penelitian kuantitatif desain *cross sectional*. Sampel dalam penelitian ini *accidental sampling* sebanyak 89 responden. Penelitian ini dilakukan di RSI PKU Muhammadiyah Pekajangan menggunakan kuesioner tingkat stres yang terdiri dari 24 pertanyaab dan kualitas tidur 7 pertanyaan yang sudah teruji validitas dan reliabilitasnya. Analisis data menggunakan uji *Kendall Tau* (p <0,05).

Hasil : Didapatkan hasil sebagian besar tingkat stres sedang sebanyak 68 responden (76,4%), kualitas tidur kurang sebesar 36 responden (40,4%), dan uji bivariat *Kendall Tau* didapatkan p value (0,004 < 0,05) yang berarti dapat disimpulkan ada hubungan tingkat stres dan kualitas tidur pasien gagal ginjal kronik yang menjalani hemodialisa di RSI PKU Muhammadiyah Pekajangan.

Kata Kunci : GGK, Hemodialisa, Tingkat stres, Kualitas Tidur

Daftar pustaka : 35 (2016-2024)

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ABSTRACT

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THE RELATIONSHIP BETWEEN STRESS LEVEL AND SLEEP QUALITY IN CHRONIC KIDNEY FAILURE PATIENTS UNDERGOING HEMODIALYSIS AT RSI PKU MUHAMMADIYAH PEKAJANGAN

Xvi + 71 Hal + 6 Tabel + 2 Gambar + 8 Lampiran

Background: Chronic kidney failure is an end-stage kidney disease. Patients with chronic kidney failure undergoing hemodialysis are also vulnerable to emotional issues such as stress. The most common stress faced by patients with chronic kidney failure is similar to that faced by patients with other diseases, namely having to deal with the loss of health, independence, control over their environment, financial difficulties, restrictions on leisure time for activities, etc. These stress issues can lead to various nursing problems, including sleep disturbances. The purpose of this study is to determine the relationship between the level of stress and the quality of sleep of patients with chronic kidney failure undergoing hemodialysis at RSI PKU Muhammadiyah Pekajangan.
Method: This research is a quantitative study with a cross-sectional design. The sample in this study is an accidental sampling of 89 respondents. This study was conducted at RSI PKU Muhammadiyah Pekajangan using a stress level questionnaire consisting of 24 questions and a sleep quality questionnaire of 7 questions that have been tested for validity and reliability. Data analysis was performed using the Kendall Tau test ($p<0.05$).
Results: The results show that the majority have moderate stress levels with 68 respondents (76.4%), poor sleep quality with 36 respondents (40.4%), and the bivariate test of Kendall Tau obtained a p-value ($0.004 < 0.05$), which means it can be concluded that there is a relationship between stress levels and sleep quality of chronic kidney failure patients undergoing hemodialysis at RSI PKU Muhammadiyah Pekajangan..

Keywords: CKD, Hemodialysis, Stress levels, Sleep quality
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