

## ABSTRAK

**Restiani Eka Saputri**

**PENGARUH PENDIDIKAN KESEHATAN TERHADAP MANAJEMEN DIRI PADA PASIEN CKD (CHRONIC KIDNEY DISEASE) DI RSD K.R.M.T WONGSONEGORO SEMARANG**

**XXXXV 155 Halaman + 11 Tabel + 3 Gambar + 20 Lampiran**

**Latar Belakang:** Penyakit ginjal kronik (CKD) merupakan gangguan kesehatan progresif yang menyebabkan penurunan fungsi ginjal secara permanen. Pasien CKD yang menjalani hemodialisa memiliki tantangan dalam menjalankan manajemen diri. Pendidikan kesehatan dapat menjadi salah satu intervensi efektif untuk meningkatkan kemampuan manajemen diri pasien. Penelitian ini bertujuan untuk menganalisis pengaruh pendidikan kesehatan terhadap manajemen diri pada pasien CKD di RSD K.R.M.T Wongsonegoro Semarang.

**Metode:** Jenis penelitian kuantitatif dengan desain pra-eksperimen *one group pretest-posttest design* tanpa kelompok kontrol. Pengambilan sampel menggunakan teknik *consecutive sampling* sebanyak 30 responden. Instrumen penelitian menggunakan kuesioner *Perceived Kidney Disease Self-Management Scale (PKDSMS)*. Analisis data menggunakan uji Wilcoxon. Uji etik dilakukan di RSD K.R.M.T Wongsonegoro Semarang dengan surat no 047/Kom.EtikRSWN/II/2025.

**Hasil:** Karakteristik pasien CKD yang menjalani hemodialisa di RSD K.R.M.T Wongsonegoro didominasi oleh pasien berpendidikan SMA sederajat (46,7%), laki-laki (60%), berusia 55–64 tahun (36,7%), tidak bekerja (56,7%), dan menjalani hemodialisa selama 12–24 bulan (53,3%). Sebelum diberikan pendidikan kesehatan, manajemen diri berada pada kategori sedang (43%) dan tinggi (57%). Setelah diberikan pendidikan kesehatan, seluruh pasien (100%) berada dalam kategori manajemen diri tinggi. Hasil uji Wilcoxon menunjukkan nilai signifikansi  $p = 0,000$  ( $p < 0,05$ ).

**Kesimpulan:** Terdapat pengaruh pendidikan kesehatan terhadap peningkatan manajemen diri pasien CKD yang menjalani hemodialisa di RSD K.R.M.T Wongsonegoro Semarang.

**Kata Kunci:** Pendidikan Kesehatan, Manajemen Diri, CKD, Hemodialisa

**Daftar Pustaka:** 93 ( 2020 – 2025 )

## ABSTRACT

**Restiani Eka Saputri**

**THE INFLUENCE OF HEALTH EDUCATION ON SELF –  
MANAGEMENT IN CHRONIC KIDNEY DISEASE (CKD) PATIENTS AT  
RSD K.R.M.T WONGSONEGORO SEMARANG**

**XXXXV 155 Things + 11 Tables + 3 Figure + 20 Attachment**

**Background:** *Chronic kidney disease (CKD)* is a progressive health disorder that causes permanent decline in kidney function. CKD patients who undergo hemodialysis have challenges in carrying out self-management. Health education can be an effective intervention to improve patients' self-management skills. This study aims to analyze the effect of health education on self-management in CKD patients at K.R.M.T Wongsonegoro Semarang Hospital.

**Methods:** Type of quantitative research with a pre-experimental design one group pretest-posttest design without a control group. Sampling using consecutive sampling technique as many as 30 respondents. The research instrument used the *Perceived Kidney Disease Self-Management Scale (PKDSMS)* questionnaire. Data analysis using the Wilcoxon test. Ethical test was conducted at K.R.M.T Wongsonegoro Semarang Hospital with letter no 047/Kom.EtikRSWN/II/2025.

**Results:** The characteristics of CKD patients undergoing hemodialysis at K.R.M.T Wongsonegoro Hospital were dominated by patients with high school education (46.7%), male (60%), aged 55-64 years (36.7%), not working (56.7%), and undergoing hemodialysis for 12-24 months (53.3%). Before being given health education, self-management was in the moderate (43%) and high (57%) categories. After being given health education, all patients (100%) were in the high self-management category. Wilcoxon test results showed a significance value of  $p = 0.000$  ( $p < 0.05$ ).

**Conclusion:** There is an effect of health education on improving self-management of CKD patients undergoing hemodialysis at K.R.M.T Wongsonegoro Semarang Hospital.

**Keywords:** Health Education, Self-Management, CKD, Hemodialysis

**Bibliography:** 93 ( 2020 – 2025 )

