

ABSTRAK

Fita Fatimah Bin Aini

PENGARUH SEFT TERHADAP HEMODINAMIK PASIEN CHRONIC KIDNEY DISEASE (CKD) YANG MENJALANI HEMODIALISA DI RSUD BATANG

xv + 84 Hal + 7 Tabel + 4 Gambar

Latar Belakang: Chronic Kidney Disease (CKD) merupakan penyakit kronis yang sering menimbulkan gangguan hemodinamik pada pasien, terutama saat menjalani hemodialisa. Ketidakseimbangan tekanan darah, denyut nadi, laju pernapasan, dan suhu tubuh menjadi isu utama dalam manajemen pasien CKD. Intervensi nonfarmakologis seperti Spiritual Emotional Freedom Technique (SEFT) diyakini mampu membantu menstabilkan kondisi hemodinamik pasien melalui pendekatan psikospiritual dan fisiologis. Tujuan dari penelitian ini-Mengetahui pengaruh SEFT terhadap parameter hemodinamik pasien CKD yang menjalani hemodialisa di RSUD Batang.

Metode Jenis penelitian ini adalah kuasi-eksperimen dengan rancangan one group pretest-posttest. Responden berjumlah 60 pasien CKD yang menjalani hemodialisa, dipilih dengan purposive sampling berdasarkan kriteria inklusi: pasien CKD usia 30–70 tahun, kondisi stabil, menjalani hemodialisa rutin ≥ 2 kali/minggu, dan bersedia menjadi responden. Penelitian dilakukan di Unit Hemodialisa RSUD Batang pada April–September 2025, dengan izin etik Komite Etik Penelitian Kesehatan RSUD Batang No. 000.9/024/KEPKRSUDBTG/IV/2025. Instrumen penelitian meliputi lembar observasi hemodinamik, SOP SEFT, dan kuesioner data demografi. Analisis data menggunakan uji Wilcoxon Signed Rank Test dengan bantuan SPSS, setelah dilakukan uji normalitas Kolmogorov-Smirnov...

Hasil: Hasil penelitian menunjukkan penurunan rerata tekanan darah sistolik, denyut nadi, dan frekuensi napas setelah intervensi SEFT. Berdasarkan uji Wilcoxon, terdapat perbedaan bermakna pada tekanan darah sistolik, diastolik, denyut nadi, dan suhu tubuh ($p = 0,000$), sedangkan SpO_2 ($p = 0,180$) dan laju napas ($p = 1,000$) tidak signifikan. Dengan demikian, SEFT berpengaruh signifikan terhadap stabilitas hemodinamik, terutama dalam menurunkan tekanan darah dan menormalkan denyut nadi pada pasien CKD yang menjalani hemodialisa....

Kesimpulan: SEFT efektif dalam membantu menstabilkan beberapa parameter hemodinamik pada pasien CKD yang menjalani hemodialisa. Terapi ini dapat dijadikan intervensi tambahan dalam pelayanan keperawatan holistik, terutama untuk mengurangi kecemasan dan stres yang berkontribusi pada ketidakstabilan hemodinamik.

Kata kunci: CKD, hemodialisa, hemodinamik, SEFT, tekanan darah

Daftar pustaka: 42 (2017–2024)

Nursing Study Program, Undergraduate Program
Widya Husada University
Semarang, May 2025

ABSTRACT

Fita Fatimah Bin Aini

THE EFFECT OF SEFT ON THE HEMODYNAMICS OF CHRONIC KIDNEY DISEASE (CKD) PATIENTS UNDERGOING HEMODIALYSIS AT BATANG REGIONAL HOSPITAL

xv + 84 Pages + 7 Tables + 4 Figures

Background: Chronic Kidney Disease (CKD) is a chronic disease that often causes hemodynamic disturbances in patients, especially during hemodialysis. Imbalances in blood pressure, pulse rate, respiratory rate, and body temperature are key issues in the management of CKD patients. Non-pharmacological interventions such as the Spiritual Emotional Freedom Technique (SEFT) are believed to help stabilize patient hemodynamics through psychospiritual and physiological approaches. The purpose of this study was to determine the effect of SEFT on the hemodynamic parameters of CKD patients undergoing hemodialysis at Batang Regional Hospital.

Method: This study was a quasi-experimental study with a one-group pretest-posttest design. Sixty CKD patients undergoing hemodialysis were selected using purposive sampling based on the following inclusion criteria: CKD patients aged 30–70 years, stable condition, undergoing regular hemodialysis ≥ 2 times/week, and willing to participate. The study was conducted at the Hemodialysis Unit of Batang Regional Hospital from April–September 2025, with ethical clearance from the Health Research Ethics Committee of Batang Regional Hospital No. 000.9/024/KEPKRSUDBTG/IV/2025. The research instruments included a hemodynamic observation sheet, a SEFT Standard Operating Procedure (SOP), and a demographic data questionnaire. Data were analyzed using the Wilcoxon Signed Rank Test with SPSS, after a Kolmogorov-Smirnov normality test.

Results: The study showed a decrease in mean systolic blood pressure, pulse rate, and respiratory rate after the SEFT intervention. Based on the Wilcoxon test, there were significant differences in systolic and diastolic blood pressure, pulse rate, and body temperature ($p = 0.000$), while SpO_2 ($p = 0.180$) and respiratory rate ($p = 1.000$) were not significant. Thus, SEFT significantly impacts hemodynamic stability, particularly in lowering blood pressure and normalizing pulse rate in CKD patients undergoing hemodialysis.

Conclusion: SEFT is effective in helping stabilize several hemodynamic parameters in CKD patients undergoing hemodialysis. This therapy can be used as an additional intervention in holistic nursing care, particularly to reduce anxiety and stress that contribute to hemodynamic instability.

Keywords: CKD, hemodialysis, hemodynamics, SEFT, blood pressure

Bibliography: 42 (2017–2024)