

ABSTRAK

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PENGARUH *MINDFULNESS BASED STRESS REDUCTION* (MBSR) TERHADAP TINGKAT KECEMASAN PASIEN HEMODIALISA DI RSD K.R.M.T WONGSONEGORO KOTA SEMARANG

XV + 159 halaman + 6 tabel + 16 lampiran

Latar Belakang : Gagal ginjal kronik ditandai dengan penurunan laju filtrasi glomerulus (GFR <60 mL/min/1.73) selama lebih dari tiga bulan. Penderita yang menjalani hemodialisis sering mengalami kecemasan akibat rutinitas terapi yang intens dan keterbatasan gaya hidup. Kondisi ini memerlukan penanganan kecemasan yang efektif. Penelitian ini bertujuan untuk menganalisis pengaruh *Mindfulness Based Stress Reduction* (MBSR) terhadap tingkat kecemasan pasien hemodialisa.

Metode : Penelitian ini menggunakan desain penelitian kuantitatif dengan pendekatan one group pre-test post-test untuk mengevaluasi efektivitas MBSR. Pengambilan data dilakukan melalui lembar kuesioner *GAD-7*. Sampel penelitian yang dipakai menggunakan *purposive sampling* sebanyak 88 responden. Analisis statistik menggunakan uji Wilcoxon.

Hasil : Hasil penelitian menunjukkan 68 responden mengalami penurunan kecemasan (*Negative ranks*), 0 responden mengalami peningkatan (*positive ranks*) dan 20 responden (*ties*) yang tidak mengalami peningkatan atau penurunan tingkat kecemasan. Nilai *sign p-value* = 0,000 atau $p < 0,05$ dapat disimpulkan bahwa $0,000 < \alpha (0,05)$ maka H_0 ditolak dan H_a diterima yang berarti terdapat pengaruh terapi *Mindfulness Based Stress Reduction* (MBSR) terhadap tingkat kecemasan pasien hemodialisa.

Kesimpulan : Simpulan yang diperoleh terdapat pengaruh *Mindfulness Based Stress Reduction* (MBSR) terhadap tingkat kecemasan pasien hemodialisa.

Kata Kunci : *Mindfulness Based Stress Reduction* (MBSR), Kecemasan, Hemodialisa

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ABSTRACT

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***THE EFFECT OF MINDFULNES BASED STRESS REDUCTION (MBSR)
ON THE ANXIETY LEVEL OF HEMODIALYSIS PATIENTS AT K.R.M.T
WONGSONEGORO HOSPITAL, SEMARANG CITY***

XV + 159 pages + 6 tables + 16 appendices

Background : Chronic kidney disease (CKD) is characterized by a decreased glomerular filtration rate (GFR <60 mL/min/1.73) for more than three months. Patients undergoing hemodialysis often experience anxiety due to the intense therapy routine and lifestyle limitations. This condition requires effective anxiety management. This study aims to analyze the effect of Mindfulness-Based Stress Reduction (MBSR) on anxiety levels in hemodialysis patients.

Research Method : This study used a quantitative research design with a one-group pre-test-post-test approach to evaluate the effectiveness of MBSR. Data were collected using the GAD-7 questionnaire. The research sample used purposive sampling of 88 respondents. Statistical analysis used the Wilcoxon test.

Results : The results of the study showed that 68 respondents experienced a decrease in anxiety (Negative ranks), 0 respondents experienced an increase (positive ranks) and 20 respondents (ties) who did not experience an increase or decrease in anxiety levels. The sign value of p-value = 0.000 or $p < 0.05$ can be concluded that $0.000 < \alpha (0.05)$ then H_0 is rejected and H_a is accepted which means there is an effect of Mindfulness Based Stress Reduction (MBSR) therapy on the anxiety levels of hemodialysis patients.

Conclusion : The conclusion obtained is that there is an influence of Mindfulness Based Stress Reduction (MBSR) on the anxiety levels of hemodialysis patients.

Keywords : Mindfulness Based Stress Reduction (MBSR), Anxiety, Hemodialysis

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