

**HUBUNGAN TINGKAT STRESS DENGAN KUALITAS HIDUP
PASIEN GAGAL GINJAL KRONIS DENGAN TERAPI
HEMODIALISA DI RSUD BULELENG**

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ABSTRAK

Gagal ginjal kronis (GGK) merupakan suatu kondisi medis yang serius, ditandai dengan penurunan fungsi ginjal secara bertahap dan tidak dapat dipulihkan. Salah satu metode pengobatan untuk GGK adalah hemodialisa, yang meskipun efektif, dapat menimbulkan efek samping berupa stress yang berdampak pada kualitas hidup pasien. Penelitian ini bertujuan untuk mengeksplorasi hubungan antara tingkat stress dan kualitas hidup pasien GGK yang menjalani terapi hemodialisa di RSUD Buleleng. Dalam penelitian ini, digunakan metode kuantitatif dengan desain cross-sectional. Sebanyak 30 responden diambil sebagai subjek penelitian. Hasil menunjukkan bahwa 6 responden (20%) memiliki tingkat stress normal, 9 responden (30%) mengalami stress ringan, 6 responden (20%) mengalami stress sedang, 9 responden (30%) mengalami stress berat, dan tidak ada responden (0%) yang mengalami stress sangat berat. Mengenai kualitas hidup, 15 responden (50%) memiliki kualitas hidup buruk, 7 responden (23,33%) berada pada tingkat kualitas hidup sedang, 6 responden (20%) memiliki kualitas hidup sangat buruk, dan hanya 2 responden (6,67%) yang memiliki kualitas hidup baik; tidak ada pasien dengan kualitas hidup sangat baik. Uji korelasi menggunakan uji *rank Spearman* menunjukkan nilai $p = 0,004$, yang mengindikasikan adanya hubungan signifikan antara tingkat stress dan kualitas hidup pasien dengan $p < 0,05$. Koefisien korelasi diperoleh $r = -0,510$, menunjukkan adanya kekuatan hubungan yang kuat antara tingkat stress dan kualitas hidup ($r = 0,51-0,75$). Arah korelasi negatif (-1) menandakan bahwa penurunan tingkat stress akan berbanding lurus dengan peningkatan kualitas hidup. Dengan demikian, dapat disimpulkan bahwa terdapat hubungan signifikan antara tingkat stress dan kualitas hidup pasien GGK yang menjalani terapi hemodialisa di RSUD Buleleng dengan kekuatan hubungan yang kuat.

Kata kunci: Stress, Kualitas Hidup, GGK.

**RELATIONSHIP BETWEEN STRESS LEVEL AND QUALITY OF LIFE
OF CHRONIC KIDNEY FAILURE PATIENTS WITH HEMODIALYSIS
THERAPY AT BULELENG REGIONAL HOSPITAL**

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ABSTRACT

Chronic kidney disease (CKD) is a serious medical condition, characterized by a gradual and irreversible decline in kidney function. One of the treatment methods for CKD is hemodialysis, which although effective, can cause side effects in the form of stress that impacts the patient's quality of life. This study aims to explore the relationship between stress levels and quality of life of CKD patients undergoing hemodialysis therapy at Buleleng Regional Hospital. In this study, a quantitative method with a cross-sectional design was used. A total of 30 respondents were taken as research subjects. The results showed that 6 respondents (20%) had normal stress levels, 9 respondents (30%) experienced mild stress, 6 respondents (20%) experienced moderate stress, 9 respondents (30%) experienced severe stress, and no respondents (0%) experienced very severe stress. Regarding quality of life, 15 respondents (50%) had poor quality of life, 7 respondents (23.33%) were at a moderate level of quality of life, 6 respondents (20%) had very poor quality of life, and only 2 respondents (6.67%) had good quality of life; there were no patients with very good quality of life. The correlation test using the Spearman rank test showed a p value = 0.004, which indicated a significant relationship between stress levels and quality of life of patients with $p < 0.05$. The correlation coefficient obtained was $r = -0.510$, indicating a strong relationship between stress levels and quality of life ($r = 0.51-0.75$). The direction of the negative correlation (-1) indicates that a decrease in stress levels will be directly proportional to an increase in quality of life. Thus, it can be concluded that there is a significant relationship between stress levels and quality of life of CKD patients undergoing hemodialysis therapy at Buleleng Regional Hospital with a strong relationship strength.

Keywords: Stress, Quality of Life, CKD.