

**HUBUNGAN MEKANISME KOPING DENGAN KUALITAS
TIDUR PASIEN GAGAL GINJAL KRONIK YANG
MENJALANI HEMODIALISA DI RSUD PROF. DR.
MARGONO SOEKARJO PURWOKERTO**

Nisa Rizqi Amalia¹, Arif Setyo Upoyo², Iwan Purnawan³

ABSTRAK

Latar Belakang: Pasien gagal ginjal kronik yang menjalani hemodialisa sering kali dihadapkan dengan berbagai stressor. Stressor dapat berakibat buruk terhadap kualitas tidur. Hal tersebut bergantung pada mekanisme koping yang digunakan, sehingga mekanisme koping diduga mempengaruhi kualitas tidur. Penelitian ini bertujuan untuk mengetahui hubungan antara karakteristik responden, mekanisme koping dengan kualitas tidur pada pasien yang mengalami gagal ginjal kronik yang menjalani hemodialisa.

Metode: Desain penelitian ini menggunakan pendekatan *cross-sectional* dengan metode analitik korelasional. Pengambilan sampel menggunakan *consecutive sampling* dengan responden pasien (59 sampel). Analisis data menggunakan *Chi-square* dan *Fisher's Exact Test*.

Hasil: Mayoritas responden adalah laki-laki, usia dewasa, durasi hemodialisa <6 bulan, anemia, mekanisme koping adaptif dan kualitas tidur yang buruk. Berdasarkan hasil uji menghasilkan nilai mekanisme koping, jenis kelamin dan usia, masing-masing hasil menunjukkan tidak ada hubungan dengan kualitas tidur, dengan masing-masing nilai $p = 1,000$, $p = 0,865$ dan $p = 0,112$. Hasil lama menjalani hemodialisa pasien <6 bulan dan kadar Hb menunjukkan bahwa terdapat hubungan dengan kualitas tidur, dengan masing-masing nilai $p = 0,01$ dan $p = 0,03$.

Kesimpulan: Terdapat hubungan bermakna antara lama menjalani hemodialisa dan kadar HB dengan kualitas tidur dan tidak terdapat hubungan bermakna antara mekanisme koping, jenis kelamin, dan usia dengan kualitas tidur pasien gagal ginjal kronik yang menjalani HD.

Kata kunci: Kualitas tidur, gagal ginjal kronik, mekanisme koping

RELATION BETWEEN COPING MECHANISM AND SLEEP QUALITY CONTROL ON CHRONICAL KIDNEY FAILURE PATIENT UNDERGO HAEMODIALYSIS TREATMENT AT RSUD PROF. DR. MARGONO SOEKARJO, PURWOKERTO

Nisa Rizqi Amalia¹, Arif Setyo Upoyo², Iwan Purnawan³

ABSTRACT

Background: Several patients that having a chronical kidney failure often faced with few of stressors especially that undergo haemodialysis (Hd) treatment. These stressors could affect badly to sleep quality. This thing depends on coping mechanism that used, so that coping mechanism estimated affecting sleep quality. This study aims to determine the relationship between characteristic respondents, coping mechanism with sleep quality on patient who had chronical kidney failure that undergo haemodialysis treatment.

Methods: This study design is cross-sectional research design with correlation analytic method. *consecutive sampling* was chosen as sampling technique with patients's respondent (59 sample). Data analysis used *Chi-square* and *Fisher's Exact Test*.

Results: The mayority of patients's respondent are male, adult age, duration of hemodialysis <6 months, anemia, adaptive coping mechanism and poor sleep quality. result the value of coping mechanism, gender and age, each of the result shown there's no relation to sleep quality, with each of *p-value* = 1,000, $p = 0,865$, and $p = 0,112$. The result on patients duration of hemodialysis <6 months and rate of Hb shown that there is relation between on each parameter and sleep quality, with each value $p = 0,01$ and $p = 0,03$.

Conclusions: There is a meaningful relationship between respondent that undergo haemodialysis and rate of Hb treatment and there is no significant relationship between coping mechanism, gender and age, with sleep quality on a patient that had chronical kidney failure undergo HD treatment.

Keywords: Sleep quality, chronical kidney failure, coping mechanism