

## ABSTRAK

### **PENGARUH APLIKASI *NGETUNG DEWEK MAEM MEDANGKU* (*TungWeB-ku*) BERBASIS *SMARTPHONE* TERHADAP KEPATUHAN DIET PADA PASIEN PENYAKIT GINJAL KRONIS PROGRAM HEMODIALISIS.**

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**Latar Belakang:** *Interdialytic weight gain* (IDWG) merupakan peningkatan berat badan antar waktu dialysis. Kenaikan IDWG dipengaruhi oleh ketidakpatuhan pasien Penyakit Ginjal Kronis (PGK) yang menjalani program hemodialisis dalam pembatasan diet dan asupan cairan. Akibatnya terdapat akumulasi cairan dalam tubuh, oedema paru, gangguan kardiovaskuler, morbiditas dan mortalitas. Monitoring asupan diet dan cairan dibutuhkan pasien PGK dalam menjaga IDWG. Aplikasi *TungWeB-ku* dapat menilai dan mengukur nilai IDWG secara mandiri di rumah agar pasien dapat mengetahui kenaikan IDWG. Tujuan: Untuk mengetahui pengaruh aplikasi *Ngetung Dewek Maem Medangku* (*TungWeB-ku*) berbasis *smartphone* terhadap kepatuhan diet pasien PGK program hemodialisis.

**Metode:** Rancangan penelitian riset dan pengembangan aplikasi dan *true experiment* dengan desain *pre test -post test control group* Aplikasi diuji dengan *USE Quesionaire* untuk *usability* dan uji ICC untuk materi dan media. Analisa data kepatuhan diet dilakukan uji *Paired Sample T Test*.

**Hasil:** Hasil kuesioner USE aplikasi *TungWeB-ku* 81,2, sangat layak untuk menilai IDWG pada pasien HD, Uji validitas 5 pakar media dan materi dengan *Interclass Correlation Coefficient* (ICC) 0,96. Analisa data ditemukan terdapat perbedaan signifikan (nilai  $p < 0,001$ ) antara rerata pre tes dan post tes.

**Kesimpulan:** Terciptanya aplikasi *TungWeB-ku* sebagai penghitung nilai IDWG dan terdapat pengaruh aplikasi *TungWeB-ku* terhadap kepatuhan diet pada pasien penyakit ginjal kronis program hemodialisis.

**Kata kunci:** *interdialytic weigh gain*, kepatuhan diet, aplikasi *TungWeB-ku*.

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## ABSTRACT

### INFLUENCE OF SMARTPHONE-BASED *NGETUNG DEWEK MAEM MEDANGKU (TungWeB-ku)* APPLICATION ON DIET COMPLIANCE IN CHRONIC HEALTH DISEASE PATIENTS OF HEMODIALISTS PROGRAM.

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**Background:** Interdialytic weight gain (IDWG) is an increase in body weight between dialysis times. The increase in IDWG is influenced by non-compliance of Chronic Kidney Disease (CKD) patients undergoing hemodialysis program in limiting diet and fluid intake. The result is fluid accumulation in the body, pulmonary oedema, cardiovascular disorders, morbidity and mortality. Monitoring diet and fluid intake is necessary for CKD patients to maintain IDWG. The *TungWeB-ku* application can assess and measure IDWG values independently at home so that patients can know the increase in IDWG. Objective: To determine the effect of the smartphone-based *Ngetung Dewek Maem Medangku (TungWeB-ku)* application on the dietary compliance of CKD patients with hemodialysis program.

**Method:** Research design and application development and true experiment with a pre test - post test control group design. The application was tested using the USE Questionnaire for usability and ICC tests for material and media. Analysis of dietary compliance data was carried out by the Paired Sample T Test.

**Results:** The results of the *TungWeB-ku* application USE questionnaire were 81.2, very suitable for assessing IDWG in HD patients. Validity test of 5 media and material experts with Interclass Correlation Coefficient (ICC) 0.96. Data analysis found that there were significant differences (p value < 0.001) between the pre-test and post-test means.

**Conclusion:** *TungWeB-ku* application was created as an IDWG value calculator and there was an influence of the *TungWeB-ku* application on dietary compliance in patients with chronic kidney disease on the hemodialysis program.

**Keywords:** interdialytic weight gain, dietary compliance, *TungWeB-ku* application.

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