

Abstrak

HUBUNGAN *SELF-MANAGEMENT* DAN *SELF-EFFICACY* DENGAN *INTERDIALYTIC WEIGHT GAIN* (IDWG) PADA PASIEN HEMODIALISIS DI RSUD PROF. DR. MARGONO SOEKARJO

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Latar belakang: Penyakit Gagal ginjal kronis (GGK) yang menjalani hemodialisis harus mematuhi pembatasan diet dan cairan. Apabila kepatuhan pasien hemodialisis rendah, maka cairan akan menumpuk yang dapat terlihat pada *Interdialytic Weight Gain* (IDWG). IDWG dapat dipengaruhi oleh *self-management* dan *self-efficacy*. Penelitian ini bertujuan untuk menganalisis hubungan *self-management* dan *self-efficacy* dengan *Interdialytic Weight Gain* (IDWG) pada pasien hemodialisis.

Metodologi: Penelitian ini menggunakan desain *cross-sectional study*. Lokasi penelitian di unit hemodialisis RSUD Prof. Dr. Margono Soekarjo Purwokerto pada bulan Juni 2024 sampai Mei 2025. Responden yang berpartisipasi sebanyak 147 responden yang dipilih menggunakan metode *simple random sampling*. Instrumen yang digunakan adalah *Hemodialysis Self-Management Instrument* (HDSMI) untuk mengukur *self-management* dan *Instrument Chronic Kidney Disease Self-Efficacy* (CKD-SE) untuk mengukur *self-efficacy*. Uji hipotesis menggunakan uji korelasi *Somer's d*.

Hasil Penelitian: Mayoritas responden berusia 45-59 tahun dan berjenis kelamin laki-laki. Pendidikan responden paling banyak adalah lulusan SD/ sederajat. Mayoritas responden tidak bekerja atau ibu rumah tangga. Mayoritas responden menjalani hemodialisis selama >1 tahun dan mempunyai penyakit penyerta hipertensi. Mayoritas responden pada penelitian ini memiliki *self-management* dan *self-efficacy* pada kategori baik. Mayoritas responden memiliki tingkat IDWG sedang. Hasil analisis hubungan *self-management* dengan IDWG pasien hemodialisis menunjukkan adanya hubungan yang signifikan ($p=0,021$) sedangkan *self-efficacy* dengan IDWG tidak menunjukkan hubungan yang signifikan ($p=0,899$).

Kesimpulan: *Self-management* mempunyai hubungan yang signifikan terhadap IDWG sementara *self-efficacy* tidak mempunyai hubungan yang signifikan terhadap IDWG

Kata kunci: *self-management*, *self-efficacy*, *Interdialytic Weight Gain* (IDWG), hemodialisis

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Abstract

THE RELATIONSHIP BETWEEN SELF-MANAGEMENT AND SELF-EFFICACY WITH INTERDIALYTIC WEIGHT GAIN (IDWG) IN HEMODIALYSIS PATIENTS AT PROF. DR. MARGONO SOEKARJO REGIONAL PUBLIC HOSPITAL

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Background: Chronic Kidney Disease (CKD) patients undergoing hemodialysis must adhere to dietary and fluid restrictions. If hemodialysis patient compliance is low, fluid will accumulate which can be seen in Interdialytic Weight Gain (IDWG). IDWG can be influenced by self-management and self-efficacy. This study aims to analyze the relationship between self-management and self-efficacy with Interdialytic Weight Gain (IDWG) in hemodialysis patients.

Methods: This study used a cross-sectional study design. The research location was in the hemodialysis unit of Prof. Dr. Margono Soekarjo Purwokerto Hospital from June 2024 to May 2025. Respondents who participated were 147 peoples, selected using simple random sampling method. The instruments used were Hemodialysis Self-Management Instrument (HDSMI) to measure self-management and Chronic Kidney Disease Self-Efficacy Instrument (CKD-SE) to measure self-efficacy. Hypothesis testing using Somer's d correlation test.

Results: The majority of respondents were 45-59 years old and male. Most respondents' education is elementary school graduates. The majority of respondents were unemployed or housewives. The majority of respondents underwent hemodialysis for > 1 year and had comorbidities with hypertension. The majority of respondents in this study had good self-management and self-efficacy. The majority of respondents had moderate IDWG levels. The results of the analysis of the relationship between self-management and IDWG of hemodialysis patients showed a significant relationship ($p=0.021$) while self-efficacy with IDWG did not show a significant relationship ($p=0.899$).

Conclusions: Self-management has a significant relationship with IDWG while self-effiacy has no significant relationship with IDWG.

Keywords: self-management, self-efficacy, Interdialytic Weight Gain (IDWG), hemodialysis

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