

# HUBUNGAN MEKANISME KOPING DENGAN KUALITAS HIDUP PASIEN GAGAL GINJAL KRONIK DI UNIT HEMODIALISA RSUD PANEMBAHAN SENOPATI BANTUL

Faris Akbar<sup>1</sup>, Imram Radne Rimba P<sup>2</sup>, Mutiara Dewi Listiyanawati<sup>2</sup>  
Email : fariisakbbar@gmail.com

## INTISARI

**Latar Belakang :** Gagal ginjal kronik (GGK) menjadi permasalahan serius bagi Indonesia. Data Kementerian Kesehatan Tahun 2017 menunjukkan jumlah penderita penyakit ginjal di Indonesia menempati urutan kedua, dengan pertumbuhan hampir 100 persen dalam kurun waktu 2014-2015. Peningkatan kualitas hidup pada penderita GGK menjadi prioritas keperawatan dan perlu mendapatkan penanganan. Pasien memerlukan mekanisme koping yang efektif untuk mengurangi atau mengatasi permasalahan psikologis pasien, sehingga pasien akan lebih mengerti pentingnya patuh menjalani hemodialisis.

**Tujuan :** Mengetahui hubungan mekanisme koping dengan kualitas hidup pada pasien gagal ginjal kronik di unit hemodialisa RSUD Panembahan Senopati Bantul.

**Metode Penelitian :** Penelitian *deskriptif kuantitatif* dengan pendekatan *cross sectional*. Jumlah sampel sebanyak 79 responden, dengan teknik pengambilan sampel *purposive sampling*. Instrumen penelitian menggunakan kuesioner. Analisis yang digunakan uji statistik *product moment*.

**Hasil Penelitian :** Sebagian besar pasien menggunakan mekanisme koping adaptif yaitu sebanyak 46 orang (58,2%) dan kualitas hidup sebagian besar dalam kategori cukup sebanyak 68 orang (86,1%). Hasil uji korelasi menunjukkan adanya hubungan mekanisme koping dengan kualitas hidup pasien gagal ginjal kronik di unit hemodialisa RSUD Panembahan Senopati Bantul ( $p=0,003$ ).

**Kesimpulan :** Ada hubungan mekanisme koping dengan kualitas hidup pasien gagal ginjal kronik di unit hemodialisa RSUD Panembahan Senopati Bantul.

**Kata Kunci :** Gagal ginjal kronik, Kualitas hidup, Mekanisme koping.

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<sup>1</sup>Mahasiswa Universitas Alma Ata Yogyakarta

<sup>2</sup>Dosen Universitas Alma Ata Yogyakarta

# THE CORRELATION OF COPING MECHANISM AND THE QUALITY OF LIFE OF CHRONIC KIDNEY DISEASE PATIENTS IN HEMODIALYSIS UNIT OF PANEMBAHAN SENOPATI BANTUL HOSPITAL

Faris Akbar<sup>1</sup>, Imram Radne Rimba P<sup>2</sup>, Mutiara Dewi Listiyanawati <sup>2</sup>  
Email : fariisakbbar@gmail.com

## ABSTRACT

**Background** : Chronic kidney disease (CKD) has become a serious problem to Indonesia. Data of The Ministry of Health in 2017 shows the number of people with kidney failure disease in Indonesia is on the second rank with growth of nearly 100 percents within the period of 2014-2015. The quality of life enhancement in CKD patients is becoming a priority of nursing and need to get treatment. Patients need an effective coping mechanism to reduce or overcome the patients' psychological problems. Therefore, patients will understand of how important it is in order to be dutifully undergoing the hemodialysis.

**Research Aim** : To discover the correlation of coping mechanism and the quality of life of chronic kidney disease patients in Hemodialysis Unit of Panembahan Senopati Bantul Hospital.

**Research Method** : This research method is using descriptive quantitative research with cross sectional approach. The number of samples are 79 respondents with purposive sampling technique. The instrument used is questionnaire. The analysis used is product moment statistic test.

**Research Result** : Most of the patients whose mechanism is adaptive coping mechanism are 46 people (58.2%) and the quality of life is mostly in the sufficient category as many as 68 people (86.1%). The correlation test shows that there is a correlation between coping mechanism and quality of life of chronic kidney disease patients in Hemodialysis Unit of Panembahan Senopati Bantul Hospital ( $p=0.003$ ).

**Conclusion** : There is a correlation of coping mechanism and the quality of life of chronic kidney disease patients in Hemodialysis Unit of Panembahan Senopati Bantul Hospital.

**Key Words** : Chronic Kidney Disease, Quality of Life, Coping Mechanism.

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<sup>1</sup>Alma Ata University's Student

<sup>2</sup>Lecturers of Universitas Alma Ata Yogyakarta