

## Pengaruh stres terhadap kualitas hidup yang dimoderatori oleh self-efficacy pada pasien transplantasi ginjal = The effect of stress on quality of life with self efficacy as the moderator among kidney transplant patient

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20457794&lokasi=lokal>

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Abstrak

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Setelah melakukan transplantasi ginjal, pasien diduga akan rentan mengalami stres. Berbagai usaha dapat dilakukan untuk menurunkan pengaruh stres terhadap kualitas hidup salah satunya dengan memiliki self-efficacy yang tinggi. Dalam penelitian ini akan dilihat bagaimana pengaruh self-efficacy dalam memoderasi pengaruh stres terhadap kualitas hidup pada pasien transplantasi ginjal. Terdapat 4 alat ukur yang digunakan, meliputi Quality of Life Scale Flanagan, 1970 , Perceived Stress Scale Cohen, 1983 , Transplant-Related Stressor Scale Frazier, 1995 , dan The Kidney Transplantation Self-Care Self- Efficacy Scale Weng, 2008 . Dari 55 partisipan ditemukan bahwa stres umum maupun spesifik secara signifikan menurunkan kualitas hidup  $t = -3,631, p$

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**ABSTRACT**

After a kidney transplantation, patients are prone to stress. Various ways can be done to reduce the influence of stress on quality of life, one of which by having a high level of self efficacy. This study examined the effect of stress on quality of life with self efficacy as the moderator among kidney transplant patient. This study used 4 measures, which were Quality of Life Scale Flanagan, 1970 , Perceived Stress Scale Cohen, 1983 , Transplant Related Stressor Scale Frazier, 1995 , and The Kidney Transplantation Self Care Self Efficacy Scale Weng, 2008 . This study found that general stress and specific stress can decrease quality of life significantly  $t = -3,631, p$