

# **Hubungan kepatuhan diet dan penerimaan penyakit dengan kualitas hidup pasien gagal ginjal terminal yang menjalani hemodialisis = Relationship between diet adherence and acceptance of illness with quality of life among end stage renal disease undergoing hemodialysis therapy**

Muhamad Nur Ridwan, author

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## **Abstrak**

Pasien gagal ginjal terminal memiliki kualitas hidup cenderung rendah. Diperlukan kepatuhan terhadap rekomendasi diet serta mampu meredakan emosi negatif sebagai tanda penerimaan terhadap penyakit pada pasien gagal ginjal terminal. Penelitian ini bertujuan untuk mengetahui hubungan kepatuhan diet dan penerimaan penyakit dengan kualitas hidup pasien gagal ginjal terminal yang menjalani hemodialisis. Penelitian ini menggunakan pendekatan potong lintang, melibatkan 114 pasien gagal ginjal terminal yang dipilih dengan teknik non-random consecutive sampling. Data kepatuhan diet diperoleh menggunakan Renal Adherence Behaviour Questionnaire, data penerimaan penyakit diperoleh menggunakan kuesioner Acceptance of Illness dan WHOQoL-BREF untuk mendapatkan data kualitas hidup. Analisa data menggunakan Pearson Correlation menunjukkan terdapat hubungan berpola positif dengan kekuatan sedang antara kepatuhan diet dengan kualitas hidup p value.

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Patients with end stage renal disease have a low quality of life. Required adherence to dietary recommendation and able to alleviate negative emotions as a sign acceptance of illness in patients with end stage renal disease. This study aims to determine the relationship between dietary adherence and acceptance of illness with quality of life of end stage renal failure patients undergoing hemodialysis. This study used cross sectional approach involving 114 ESRD patients selected using non random consecutive sampling technique. Dietary compliance data were obtained using Renal Adherence Behavior Questionnaire RABQ , acceptance of disease was obtained using the Acceptance of Illness Questionnaire AoI , and the WHO Quality of Life BREF to get quality of life data. The data were analyzed using Pearson correlation and showed significant moderate association between diet adherence and quality of life p value.