

## Analisis faktor yang mempengaruhi fatigue pada pasien sirosis = Analysis of factors affecting fatigue in cirrhosis patients

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### Abstrak

Pendahuluan: Fatigue merupakan gejala yang paling mengganggu bagi pasien sirosis, dan menurunkan kualitas hidup pasien, sehingga perlu dilakukan penelitian tentang faktor yang paling berpengaruh terhadap fatigue pada pasien sirosis.

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Metode: Desain penelitian cross sectional, jumlah sampel 70 orang, teknik pengambilan sampel: consecutive sampling. Data dikumpulkan menggunakan lima kuesioner: karakteristik responden, FSS, MOSsss, self efficacy for managing chronic disease 6 item scale, hasil laboratorium Hb dan skor child pugh. Analisis data dengan chi square dan regresi logistik.

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Hasil: Terdapat tiga faktor yang paling berpengaruh terhadap fatigue pada pasien sirosis, diantaranya: anemia: OR = 6,556 (95%CI = 1,683 ; 25,535), dukungan sosial: OR = 5,914 (95%CI = 1,582 ; 22,113) dan self efficacy: OR = 4,559 (95%CI = 1,395 ; 14,901). Ketiga faktor tersebut dapat dijadikan acuan, dalam melakukan intervensi keperawatan yang tepat, untuk mengatasi fatigue pada pasien sirosis.

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Rekomendasi: Perawat perlu memiliki format pengkajian deteksi dini fatigue yang valid, dan pemberian edukasi terkait faktor risiko fatigue.

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Introduction: Fatigue is the most disturbing symptom for patients with cirrhosis, and decreases patients quality of life, so it is necessary to do research on the factors that most influence fatigue in patients with cirrhosis.

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Method: Cross sectional study design, total sample 70 respondent, sampling technique: consecutive sampling. Data were collected using five questionnaires: respondent characteristics, FSS, MOSsss, self efficacy for managing chronic disease 6 items, laboratory Hb results and child pugh score. Data analysis with chi square and logistic regression.

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Results: There were three factors that most influenced fatigue in cirrhotic patients, including: anemia: OR = 6.556 (95% CI = 1.683; 25,535), social support: OR = 5,914 (95% CI = 1,582; 22,113) and self efficacy: OR = 4,559 (95% CI = 1,395; 14,901). These three factors can be used as references, in carrying out appropriate nursing interventions, to overcome fatigue in patients with cirrhosis.

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Recommendation: Nurses need to have a valid fatigue early detection assessment format, and education regarding risk factors for fatigue.