

Hubungan Penerimaan Penyakit dan Dukungan Sosial Terhadap kepatuhan Diet Pada Pasien Gagal Ginjal Kronik yang Menjalani Hemodialisis = The Relationship Between Acceptance of Illness and Social Support on Dietary Compliance in Chronic Kidney Disease Patients Undergoing Hemodialysis

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Abstrak

Pasien gagal ginjal kronik (GGK) membutuhkan penatalaksanaan berupa pengaturan diet, masukan kalori, suplemen dan vitamin, obat-obatan, pembatasan asupan cairan dan terapi pengganti ginjal. Hemodialisis merupakan salah satu terapi pengganti ginjal. Komplikasi pada hemodialisis seringkali terjadi karena masalah kepatuhan diet. Penerimaan penyakit dan dukungan sosial dapat berhubungan dengan kepatuhan diet. Tujuan penelitian ini yaitu mengetahui hubungan penerimaan penyakit dan dukungan sosial dengan kepatuhan diet pada pasien GGK yang menjalani hemodialisis. Penelitian ini menggunakan desain cross sectional dengan consecutive sampling pada 106 responden. Pengumpulan data dengan kuesioner acceptance of illness, kuesioner dukungan sosial dan kuesioner kepatuhan diet. Analisis yang digunakan yaitu uji Chi-Square dan regresi logistik berganda. Hasil penelitian didapatkan responden yang patuh terhadap kepatuhan diet sebanyak 78.3%, dukungan sosial tinggi sebanyak 61.3% dan penerimaan penyakit tinggi 40.6%. Hasil analisis didapatkan adanya hubungan yang signifikan antara penerimaan penyakit dengan kepatuhan diet ($p=0.005$), terdapat hubungan yang signifikan antara dukungan sosial dengan kepatuhan diet ($p=0.026$). Selanjutnya pada analisis multivariat variabel yang paling dominan mempengaruhi kepatuhan diet adalah lama menjalani hemodialisis ($p=0.032$) setelah dikontrol variabel jenis kelamin, tingkat pendidikan pekerjaan, lama menjalani hemodialisis, sosial ekonomi, penerimaan penyakit, dan dukungan sosial serta mampu memprediksi sebesar 8% terhadap kepatuhan diet. Rekomendasi penelitian ini adalah perawat perlu mengidentifikasi serta melakukan upaya meningkatkan penerimaan penyakit dan dukungan sosial pada pasien untuk meningkatkan kepatuhan diet.

.....Patients with chronic kidney disease (CKD) require management in the form of diet regulation, calorie intake, supplements and vitamins, medication, limiting fluid intake and kidney replacement therapy. Hemodialysis is a type of kidney replacement therapy. Complications in hemodialysis often occur due to dietary compliance problems. Disease acceptance and social support may be associated with dietary compliance. This research aims to determine the relationship between acceptance of illness and social support with dietary compliance in CKD patients undergoing hemodialysis. This study used a cross-sectional design with consecutive sampling of 106 respondents. Data were collected using an acceptance of illness questionnaire, social support questionnaire and diet compliance questionnaire. The analysis used is the Chi-Square test and logistic regression. The research results showed that 78.3% of respondents were compliant with diet, 61.3% had high social support and 40.6% had high disease acceptance. The results of the analysis showed that there was a significant relationship between acceptance of illness and diet compliance ($p=0.005$), and there was a significant relationship between social support and diet compliance ($p=0.026$). Furthermore, in the multivariate analysis, the variable that most dominantly influenced diet compliance was the length of time undergoing hemodialysis ($p=0.032$) after controlling for the variables

gender, occupational education level, length of time undergoing hemodialysis, socio-economics, disease acceptance, and social support and was able to predict 8% of dietary compliance. This research recommends that nurses need to identify and make efforts to increase disease acceptance and social support for patients to increase dietary compliance.