

HUBUNGAN DIMENSI *SPIRITUAL WELL-BEING* DENGAN TINGKAT KECEMASAN PASIEN GAGAL GINJAL KRONIK YANG MENJALANI HEMODIALISIS DI RSU ROYAL PRIMA MEDAN TAHUN 2026

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ABSTRAK

Latar Belakang: Gagal ginjal kronik (GGK) merupakan penyakit progresif dan irreversible yang ditandai dengan penurunan fungsi ginjal secara bertahap sehingga memerlukan terapi pengganti ginjal, salah satunya hemodialisis, dalam jangka panjang. Kondisi ini tidak hanya menimbulkan masalah fisik, tetapi juga berdampak pada aspek psikologis pasien, terutama kecemasan yang dapat memengaruhi kualitas hidup dan kepatuhan terhadap terapi. *Spiritual well-being* merupakan salah satu aspek penting yang dapat membantu pasien dalam menghadapi penyakit kronik, meningkatkan kemampuan beradaptasi, serta memberikan makna dan harapan selama menjalani pengobatan. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara dimensi *spiritual well-being* dengan tingkat kecemasan pada pasien gagal ginjal kronik yang menjalani hemodialisis di RSU Royal Prima Medan. **Metode:** Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan cross-sectional. Populasi penelitian berjumlah 145 pasien gagal ginjal kronik yang menjalani hemodialisis di RSU Royal Prima Medan tahun 2026. Sampel sebanyak 59 responden diperoleh menggunakan teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi. *Spiritual well-being* diukur menggunakan kuesioner FACIT-Sp-12, sedangkan tingkat kecemasan diukur menggunakan *Hamilton Anxiety Rating Scale* (HARS). Analisis data dilakukan menggunakan uji Spearman Rank. **Hasil:** Analisis Spearman Rank menunjukkan terdapat hubungan yang signifikan antara dimensi *spiritual well-being* dengan tingkat kecemasan pada pasien gagal ginjal kronik yang menjalani hemodialisis ($r = -0,340$; $p = 0,008$). **Kesimpulan:** Terdapat hubungan signifikan antara dimensi *spiritual well-being* dengan tingkat kecemasan pada pasien gagal ginjal kronik yang menjalani hemodialisis di RSU Royal Prima Medan. Semakin tinggi *spiritual well-being* yang dimiliki pasien, maka semakin rendah tingkat kecemasan yang dialami.

Kata Kunci: *spiritual well-being*, kecemasan, gagal ginjal kronik, hemodialisis, spiritualitas

ABSTRACT

Background: Chronic kidney disease (CKD) is a progressive and irreversible condition characterized by a gradual decline in kidney function, requiring long-term renal replacement therapy, one of which is hemodialysis. This condition not only causes physical problems but also has psychological impacts on patients, particularly anxiety, which may affect quality of life and adherence to treatment. *Spiritual well-being* is an important aspect that can help patients cope with chronic illness, enhance their ability to adapt, and provide meaning and hope throughout the treatment process. **Purpose:** This study aimed to determine the relationship between *spiritual well-being* dimensions and anxiety levels among patients with chronic kidney disease undergoing hemodialysis at Royal Prima General Hospital Medan. **Methods:** This study employed a quantitative correlational design with a cross-sectional approach. The study population consisted of 145 patients with chronic kidney disease undergoing hemodialysis at Royal Prima General Hospital Medan in 2026. A sample of 59 respondents was selected using a *purposive sampling* technique based on inclusion and exclusion criteria. *Spiritual well-being* was measured using the FACIT-Sp-12 questionnaire, while anxiety levels were assessed using the Hamilton Anxiety Rating Scale (HARS). Data were analyzed using the Spearman Rank test. **Results:** The Spearman Rank analysis showed a significant relationship between *spiritual well-being* dimensions and anxiety levels among patients with chronic kidney disease undergoing hemodialysis ($r = -0.340$; $p = 0.008$). **Conclusion:** There was a significant relationship between *spiritual well-being* dimensions and anxiety levels among patients with chronic kidney disease undergoing hemodialysis at Royal Prima General Hospital Medan. Higher levels of *spiritual well-being* were associated with lower levels of anxiety.

Keywords: *spiritual well-being*, anxiety, chronic kidney disease, hemodialysis, spirituality