

ABSTRAK

Latar Belakang: Gagal ginjal kronik merupakan penyakit progresif yang menyebabkan penurunan fungsi ginjal secara permanen dan memerlukan terapi hemodialisis jangka panjang. Salah satu keluhan yang sering dialami pasien hemodialisis adalah *fatigue*, yaitu kelelahan berkepanjangan yang dapat memengaruhi aktivitas sehari-hari dan kualitas hidup pasien. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat *fatigue* dan kualitas hidup pada pasien gagal ginjal kronik yang menjalani terapi hemodialisis di RSU Royal Prima Medan Tahun 2026. **Metode:** Penelitian ini menggunakan desain kuantitatif observasional analitik dengan pendekatan *cross-sectional*. Populasi penelitian berjumlah 145 pasien gagal ginjal kronik yang menjalani hemodialisis di RSU Royal Prima Medan. Sampel sebanyak 59 responden diperoleh menggunakan teknik simple random sampling dengan rumus Slovin. Data dikumpulkan menggunakan kuesioner *Fatigue Assessment Scale* (FAS) untuk mengukur tingkat *fatigue* dan WHOQOL-BREF untuk mengukur kualitas hidup. Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi *Spearman Rank* dengan tingkat signifikansi $p < 0,05$. **Hasil:** Hasil penelitian menunjukkan bahwa mayoritas responden mengalami *fatigue* berat dan memiliki kualitas hidup tinggi. Uji korelasi *Spearman Rank* menunjukkan terdapat hubungan negatif dengan kekuatan sedang antara *fatigue* dan kualitas hidup ($r = -0,503$; $p = 0,000$). Semakin tinggi tingkat *fatigue* yang dialami pasien, semakin rendah kualitas hidupnya. **Kesimpulan:** Terdapat hubungan yang signifikan antara tingkat *fatigue* dan kualitas hidup pada pasien gagal ginjal kronik yang menjalani terapi hemodialisis di RSU Royal Prima Medan Tahun 2026.

Kata Kunci: *fatigue*, kualitas hidup, gagal ginjal kronik, hemodialisis, penyakit kronis

ABSTRACT

Background: Chronic kidney disease is a progressive condition characterized by a permanent decline in kidney function that requires long-term hemodialysis therapy. One of the most common complaints experienced by hemodialysis patients is fatigue, a persistent feeling of exhaustion that can affect daily activities and patients' quality of life. **Purpose:** This study aimed to determine the relationship between fatigue levels and quality of life among patients with chronic kidney disease undergoing hemodialysis therapy at Royal Prima General Hospital Medan in 2026. **Methods:** This study employed a quantitative analytic observational design with a cross-sectional approach. The study population consisted of 145 chronic kidney disease patients undergoing hemodialysis at Royal Prima General Hospital Medan. A total of 59 respondents were selected using simple random sampling based on the Slovin formula. Data were collected using the Fatigue Assessment Scale (FAS) to measure fatigue levels and the World Health Organization Quality of Life-BREF (WHOQOL-BREF) questionnaire to assess quality of life. Data were analyzed using univariate and bivariate analyses. The relationship between variables was tested using the Spearman Rank correlation test with a significance level of $p < 0.05$. **Results:** The findings showed that the majority of respondents experienced severe fatigue and had a high quality of life. The Spearman Rank correlation test revealed a moderate negative correlation between fatigue and quality of life ($r = -0.503$; $p = 0.000$). This indicates that higher fatigue levels were associated with lower quality of life among patients. **Conclusion:** There was a significant relationship between fatigue levels and quality of life among patients with chronic kidney disease undergoing hemodialysis therapy at Royal Prima General Hospital Medan in 2026.

Keywords: fatigue, quality of life, chronic kidney disease, hemodialysis, chronic disease