

**PENINGKATAN KUALITAS HIDUP PENDERITA GAGAL GINJAL
KRONIK YANG MENJALANI TERAPI HEMODIALISA MELALUI
MIND BODY INTERVENTION DI UNIT HEMODIALISA
RSU ROYAL PRIMA MEDAN TAHUN 2019**

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ABSTRAK

Gagal ginjal kronik merupakan salah satu penyakit terminal, dapat ditandai dengan penurunan laju filtrasi glomerulus dan disertai dengan kelainan sedimen urine, sehingga penderita harus menjalani terapi pengganti ginjal seperti cuci darah (*hemodialisis*). Penderita GJK harus melakukan terapi hemodialisa seumur hidup sehingga mengakibatkan penderita GJK mengalami penurunan kualitas hidup, maka digunakan pengobatan komplementer yaitu *mind body intervention* melalui terapi penyembuhan spiritual doa untuk meningkatkan derajat kesehatan. Tujuan penelitian ini untuk menganalisis peningkatan kualitas hidup penderita gagal ginjal kronik yang menjalani terapi hemodialisa melalui *mind body intervention*, jenis penelitian adalah *pra-eksperiment* dengan rancangan *one-group pre post test design*, jumlah sampel sebanyak 20 orang responden dengan menggunakan teknik *purposive sampling*. Hasil penelitian menunjukkan bahwa ada peningkatan kualitas hidup penderita GJK melalui *mind body intervention* dengan nilai $p\text{ value}=0,000$ melalui uji *wilcoxon rank test*. Berdasarkan hasil penelitian yang didapatkan, diharapkan penderita GJK dapat menjadikan *mind body intervention* sebagai penatalaksanaan non-farmakologi untuk meningkatkan kualitas hidup.

Kata kunci: *Mind Body Intervention*; Kualitas Hidup; Gagal Ginjal Kronik; Hemodialisa

**QUALITY OF LIFE IN CHRONIC KIDNEY FAILURE PATIENTS WHO
UNDERGO HEMODYALYSIS THERAPY THROUGH MIND BODY
INTERVENTION IN UNIT HEMODIALISA ROYAL PRIMA
HOSPITAL MEDAN IN YEARS 2019**

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ABSTRACT

Chronic kidney failure is a terminal disease, it can be characterized by a decrease in glomerular filtration rate and accompanied by urine sediment abnormalities, so patients must undergo renal replacement therapy such as dialysis (hemodialysis). People with chronic renal failure should undergo lifelong hemodialysis therapy resulting in decreased CRF quality of life, then a complementary treatment was used, namely mind body intervention through prayer spiritual healing therapy to improve health status. The aim of this study was to analyze the improvement in quality of life of patients with chronic renal failure undergoing hemodialysis therapy through mind body intervention. one-group pre post test design, the number of samples was 20 respondents using purposive sampling technique. The results showed that there was an increase in the quality of life of GSK patients through mind body intervention with value of p value= 0,000 through the Wilcoxon rank test. Based on the results of the research obtained, it is expected that patients with CRF can make mind body intervention as non-pharmacological management to improve quality of life.

Keywords: Mind Body Intervention; Quality of Life; Chronic Kidney Failure; Hemodialysis