

**HUBUNGAN FREKUENSI HEMODIALISIS DENGAN TINGKAT STRES
PADA PASIEN GAGAL GINJAL KRONIK YANG MENJALANI
HEMODIALISIS DI RUMAH SAKIT ROYAL PRIMA MEDAN
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ABSTRACT

Kidney failure is caused by decreased kidney function so that it cannot filter out the body's electrolyte discharge. The aim of the study was to find out whether there was a relationship between the frequency of hemodialysis and the level of stress in patients with chronic kidney failure who underwent hemodialysis at Royal Prima Medan Hospital in 2019. The research design used by researchers was a cross-sectional method in which the dependent and independent variables were examined simultaneously. The results showed that there was a significant relationship between the frequency of hemodialysis to stress levels in patients with chronic renal failure, of a total of 70 respondents almost half of respondents had mild stress levels and there was a significant relationship between the frequency of HD and stress levels in CRF patients at Royal Prima Medan Hospital with p value of $0.002 < 0.05$. The results of this study are expected to be beneficial to people with CRF.

Keywords: Frequency, Hemodialysis, Stress Level

ABSTRAK

Gagal ginjal disebabkan oleh fungsi organ ginjal yang mengalami penurunan sehingga tidak dapat menyaring pembuangan elektrolit tubuh. Tujuan penelitian untuk mengetahui apakah ada hubungan Frekuensi Hemodialisis Dengan Tingkat Stres Pada Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisis di RSU Royal Prima Medan Tahun 2019. Desain penelitian yang digunakan oleh peneliti adalah metode *cross-sectional* dimana variabel dependent dan independent diteliti secara bersamaan diteliti. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara frekuensi hemodialisis terhadap tingkat stres pada pasien gagal ginjal kronik, dari total 70 responden hampir sebagian responden mengalami tingkat stres ringan dan ada hubungan signifikan antara frekuensi HD dengan tingkat stress pada pasien GGK di RSU Royal Prima Medan dengan nilai p value $0,002 < 0,05$. Hasil penelitian ini diharapkan dapat bermanfaat kepada penderita GGK.

Kata Kunci : Frekuensi, Hemodialisis, Tingkat Stres