

HUBUNGAN PERAN PERAWAT SEBAGAI CARE GIVER DENGAN TINGKAT STRES PASIEN GAGAL GINJAL KRONIK DI RUANG HEMODIALISA

RSU. ROYAL PRIMA MEDAN TAHUN 2019

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ABSTRAK

Peran perawat sebagai *care giver* dengan memberikan terapi hemodialisa pada pasien gagal ginjal kronik. Terapi ini bertujuan untuk mengeluarkan sisa-sisa metabolisme atau racun tertentu dari peredaran darah manusia melalui membran semi permeabel sebagai pemisah darah dan cairan dialisis pada ginjal buatan dimana terjadi proses difusi, osmosis dan ultra filtrasi. Penelitian ini bertujuan untuk mengetahui hubungan peran perawat sebagai *care giver* dengan tingkat stres pasien gagal ginjal kronik di ruang hemodialisa RSU. Royal Prima Medan. Penelitian menggunakan deskriptif analitik dengan desain *Cross Sectional*. Waktu penelitian pada bulan Juni 2019. Populasi adalah seluruh pasien yang melakukan hemodialisa sebanyak 20 orang. Teknik pengambilan sampel dengan *Sampling* Jenuh, maka sampel sebanyak 20 orang. Metode pengumpulan data menggunakan kuesioner. Analisa data univariat dalam tabel distribusi frekuensi. Analisa bivariat menggunakan korelasi *Spearman*. Hasil penelitian mendapatkan karakteristik responden menurut umur, mayoritas berumur 60-69 tahun, berjenis kelamin laki-laki, pendidikan S2, dan beragama Protestan. Mayoritas peran perawat sebagai *care giver* baik dan minoritas cukup. Mayoritas stres ringan dan minoritas stres sedang. Berdasarkan hubungan peran perawat sebagai *care giver* dengan tingkat stres pada pasien, menggunakan uji *Spearman's rho* didapat nilai signifikan (p) = 0,288, maka H_0 diterima yang artinya tidak ada hubungan peran perawat sebagai *care giver* dengan tingkat stres pasien gagal ginjal kronik di Ruang Hemodialisa RSU. Royal Prima Medan tahun 2019. Kesimpulannya adalah tidak ada hubungan peran perawat sebagai *care giver* dengan tingkat stres pasien gagal ginjal kronik. Diharapkan peneliti selanjutnya dapat melanjutkan penelitian tentang pengaruh peran perawat terhadap penurunan stres dan depresi pada pasien gagal ginjal kronik.

Kata kunci: peran, perawat, care giver, tingkat stres

**RELATIONSHIP OF NURSE ROLE AS CARE GIVER WITH STRESS
LEVELS OF CHRONIC KIDNEY FAILURE PATIENTS IN THE
HEMODIALISA SPACE
RSU. ROYAL PRIMA MEDAN IN 2019**

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elisanggeria@unprimdn.ac.id**ABSTRACT**

The role of nurses is as care givers by providing hemodialysis therapy in patients with chronic kidney failure. This therapy aims to eliminate metabolic waste or certain poisons from human blood circulation through semi-permeable membranes as a separator of blood and dialysate fluid in artificial kidneys where diffusion, osmosis and ultra-filtration processes occur. This study aims to determine the relationship of the role of nurses as care givers with the stress level of patients with chronic kidney failure in the hemodialysis room in RSU Royal Prima Medan. This study uses descriptive analytic with Cross Sectional design. The time of the study was in June 2019. The population was all 20 hemodialysis patients. Saturated sampling technique for sampling, the sample amounted to 20 people. Methods collecting data is using a questionnaire. Analysis univariate data was in the frequency distribution table. Bivariate analysis is using Spearman correlation. The results of the study obtained the characteristics of respondents according to age, the majority were aged 60-69 years, male gender, S2 education, and Protestantism. The majority of the roles of nurses as good care givers and minorities are sufficient. There are majority of mild stress and moderate stress minority. Based on the relationship of the role of nurses as care givers with stress levels in patients, using the Speech Rho test obtained a significant value (p) = 0.288, Ho accepted which means there is no relationship between the role of nurses as care givers and stress level patients with chronic kidney failure in the Hemodialysis Room of the RSU. Royal Prima Medan in 2019. The conclusion is that there is no relationship between the role of nurses as care givers and stress levels of patients with chronic kidney failure. It is hoped that further researchers can continue research on the influence of the role of nurses in reducing stress and depression in patients with chronic kidney failure.

Keyword: role, nurse, care giver, stress level