

## **ABSTRACT**

The Improvement Of The Quality Of Life In People With Chronic Renal Failure Undergoing Therapy Hemodialisa Through Strategy Koping In RSU Royal Prima Medan

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Chronic kidney failure is a clinical state of progressive kidney damage and such of various causes which occur when metabolic waste transporting the incapacitated body or doing its regular functions (Toto Suharyanto, 2017). Quality of life is one that is owned by the individual, if the patient is facing problems with the quality of his life then positive will be good, and if patients face problems with negative then the quality of her life will deteriorate (Pujiani, 2017). Coping strategies are divided into two types, namely: Emotion-Focused coping and Problem Focused Coping. Emotion focused coping has the purpose to control the patient in the face of emotional stress. (Agustina, 2013). The purpose of this research aims to know the KualitasHidup Improvement in people with Chronic renal failure undergoing Therapy In Koping Strategy HemodialisaMelalui RSU Royal Prima Medan. This research design using design pre-experimental design with one group pre test post test design. Samples were taken using the technique of accidental sampling that is as many as 30 people. Data collection using the questionnaire sheet. Analysis of test data using the Wilcoxon signed rank test with the significance of 0.05. Test research results Wilcoxon sign rank test on the final result in the get the value  $p = 0.000$  value  $\alpha = 0.05 <$  so can be drawn the conclusion that an increase in the quality of life in people with Chronic renal failure Undergoing Therapy Through Hemodialisa Koping Strategy In RSU Royal Prima Medan. Suggestions for the next researcher can examine how penigkatan the quality of life in stroke patients who underwent physiotherapy through strategy koping.

Keywords: Quality Of Life, Strategy Koping

## ABSTRAK

Peningkatan Kualitas Hidup Pada Penderita Gagal Ginjal Kronik Yang Menjalani Terapi Hemodialisa Melalui Strategi Koping Di RSUD Royal Prima Medan

Oleh

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Gagal Ginjal Kronik merupakan suatu keadaan klinis kerusakan ginjal yang progresif dan irreversible dari berbagai penyebab dimana terjadi ketika tidak mampu mengangkut sampah metabolik tubuh atau melakukan fungsi regulernya (Toto Suharyanto, 2017). Kualitas hidup merupakan salah satu yang dimiliki oleh setiap individu, Jika pasien menghadapi masalah dengan positif maka kualitas hidupnya akan baik, dan jika pasien menghadapi masalah dengan negatif maka kualitas hidupnya akan memburuk (Pujiani, 2017). Strategi coping terbagi dalam dua jenis yaitu : *Emotion-Focused coping* dan *Problem Focused Coping*. *Emotion focused coping* memiliki tujuan untuk mengontrol emosional pasien dalam menghadapi stress. ( Agustina, 2013). Tujuan penelitian ini bertujuan untuk mengetahui Peningkatan Kualitas Hidup pada Penderita Gagal Ginjal Kronik yang Menjalani Terapi Hemodialisa Melalui Strategi Koping Di RSUD Royal Prima Medan. Desain penelitian ini menggunakan desain *pre-eksperimen* dengan rancangan *one group pre-test post-test design*. Sampel diambil dengan menggunakan teknik *accidental sampling* yaitu sebanyak 30 orang. Pengumpulan data menggunakan lembar kuisioner. Analisa data menggunakan uji *Wilcoxon sign rank test* dengan signifikansi 0,05. Hasil penelitian uji *Wilcoxon sign rank test* pada hasil akhir di dapatkan nilai  $p = value\ 0,000 < \alpha = 0,05$  sehingga dapat diambil Kesimpulan bahwa adanya Peningkatan Kualitas Hidup Pada Penderita Gagal Ginjal Kronik Yang Menjalani Terapi Hemodialisa Melalui Strategi Koping Di RSUD Royal Prima Medan. Saran untuk peneliti selanjutnya dapat meneliti bagaimana peningkatan kualitas hidup pada pasien stroke yang menjalani fisioterapi melalui strategi koping.

Kata Kunci : Kualitas Hidup, Strategi Koping