

ABSTRAK

Gagal Ginjal Kronik(GGK) adalah salah satu penyakit yang menjadi masalah besar di dunia, dan sulit untuk ditangani karena sifatnya yang kronik(tidak dapat sembuh), seseorang yang terdiagnosis menderita penyakit ginjal kronik mengalami kondisi yang sama Tujuan umum penelitian ini adalah untuk mengetahui pengaruh *Cognitif Behavior Therapy* (CBT) terhadap perubahan harga diri pasien gagal ginjal kronik di ruangan hemodialisa RSUD Royal Prima Medan. Jenis penelitian ini adalah penelitian kuantitatif. Dengan responden 30 pasien. Metode penelitian non probability dengan teknik purposive sampling. Populasi dalam penelitian ini sebanyak 126 orang. Selain pengumpulan data pertama, dilakukan observasi di RSUD Royal Prima Medan. Hasil penelitian ini dari 30 responden yang diteliti terdapat pasien hemodialisa dengan harga diri ringan sebanyak 15 orang (50%), harga diri sedang 10 orang (33.3%), dan berat 5 orang (16.7%) sebelum dilakukan cbt. setelah dilakukan cbt pasien dengan harga diri ringan sebanyak 20 orang (66,7%) harga diri sedang sebanyak 10 orang (33,3%) dan harga diri berat sebanyak 0 orang (0%). Maka nilai $Z = -2,500$ dengan P Value sebesar 0,012, hal ini berarti P Value < α (0,05) sehingga H_0 ditolak jadi dapat disimpulkan bahwa terdapat pengaruh pemberian terapi CBT terhadap harga diri pasien gagal ginjal kronik di ruangan hemodialisa di RSUD Royal Prima Medan. dari penelitian ini disarankan bagi penderita gagal ginjal kronik yang sedang menjalani perawatan di hemodialisa dapat menerapkan terapi CBT pada kehidupan sehari-hari, agar pasien memiliki harga diri yang tinggi dan dapat menghargai dirinya sendiri.

Kata Kunci : Gagal ginjal Kronik,Hemodialisa,Harga diri,Cognitif Behavior Therapy (CBT).

ABSTRACT

Chronic Kidney Failure (CKD) is one of the diseases that is a major problem in the world, and is difficult to treat because of its chronic nature (cannot heal), a person diagnosed with chronic kidney disease experiences the same conditions The general objective of this study is to determine the effect of Cognitive Behavior Therapy (CBT) on changes in self-esteem of chronic kidney failure patients in the hemodialysis room of Royal Prima Medan Hospital. This type of research is quantitative research. With 30 patient respondents. Non-probability research method with purposive sampling technique. The population in this study were 126 people. In addition to the first data collection, observations were made at Royal Prima Medan Hospital. The results of this study of 30 respondents studied there were hemodialysis patients with mild self-esteem as many as 15 people (50%), moderate self-esteem 10 people (33.3%), and severe 5 people (16.7%) before doing cbt. after doing cbt patients with mild self-esteem as many as 20 people (66.7%) moderate self-esteem as many as 10 people (33.3%) and severe self-esteem as many as 0 people (0%). Then the Z value = -2.500 with a P Value of 0.012, this means that the P Value < α (0.05) so that H_0 is rejected so it can be concluded that there is an effect of providing CBT therapy on the self-esteem of patients with chronic renal failure in the hemodialysis room at RSUD Royal Prima Medan. from this study it is recommended that patients with chronic renal failure who are undergoing treatment in hemodialysis can apply CBT therapy to their daily lives, so that patients have high self-esteem and can respect themselves.

Keywords: Chronic renal failure, Hemodialysis, Self-esteem, Cognitive Behavior Therapy (CBT)

