

ABSTRAK

Chronic Kidney Disease merupakan suatu gangguan yang menyebabkan ginjal gagal berfungsi secara bertahap sehingga mengakibatkan penurunan laju filtrasi glomerulus. Peningkatan angka kejadian *Chronic Kidney Disease* di Indonesia menyebabkan jumlah pasien yang membutuhkan terapi hemodialisa. Hemodialisa merupakan suatu perawatan pengganti ginjal yang melibatkan pemompaan darah ke dalam tabung ginjal buatan atau dialisis. Salah satu masalah yang dihadapi pasien hemodialisa adalah *Interdialytic Weight Gain* yang merupakan suatu kondisi dimana pasien yang menjalani hemodialisa mengalami kenaikan berat badan dan peningkatan volume cairan selama 2 sesi dialisis. *Interdialytic Weight Gain* juga dapat mempengaruhi kualitas hidup pasien. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara *Interdialytic Weight Gain* dengan kualitas hidup pasien *Chronic Kidney Disease* di Unit Hemodialisis RSU Royal Prima Medan Tahun 2024. Penelitian ini menggunakan jenis penelitian kuantitatif dengan desain penelitian *cross-sectional*, penelitian ini mengumpulkan data pada satu waktu tertentu dari satu populasi atau sampel. Sampel yang diambil adalah pasien *Chronic Kidney Disease* yang menjalani hemodialisa di RSU Royal Prima Medan dengan teknik *Accidental Sampling*. Analisa data dilakukan menggunakan analisa univariat dan bivariat. Hasil dari penelitian yang telah dilakukan tentang Hubungan *Interdialytic Weight Gain* Terhadap Kualitas Hidup Pada Pasien *Chronic Kidney Disease* di Unit Hemodialisis RSU Royal Prima Medan Tahun 2024 diketahui bahwa dari 50 responden yang telah diteliti dengan menggunakan uji *Person Chi-Square* diperoleh hasil dari nilai $p\text{-value} = 0.000 < 0.05$, maka dengan ini H_0 ditolak H_a diterima. Sehingga dapat disimpulkan bahwa ada hubungan antara *Interdialytic Weight Gain* terhadap Kualitas Hidup Pada Pasien *Chronic Kidney Disease* di Unit Hemodialisis RSU Royal Prima Medan Tahun 2024.

Kata Kunci: *Chronic Kidney Disease*, Hemodialisa, *Interdialytic Weight Gain*, Kualitas Hidup

Abstract

Chronic Kidney Disease is a disorder that causes the kidneys to fail to function gradually resulting in a decrease in the glomerular filtration rate. The increase in the incidence of Chronic Kidney Disease in Indonesia has led to the number of patients requiring hemodialysis therapy. Hemodialysis is a kidney replacement treatment that involves pumping blood into an artificial kidney or dialysis tube. One of the problems faced by hemodialysis patients is Interdialytic Weight Gain which is a condition where patients undergoing hemodialysis experience weight gain and increased fluid volume during 2 dialysis sessions. Interdialytic Weight Gain can also affect the patient's quality of life. The purpose of this study was to determine the relationship between Interdialytic Weight Gain and the quality of life of Chronic Kidney Disease patients in the Hemodialysis Unit of RSU Royal Prima Medan 2024. This study uses a type of quantitative research with a cross-sectional research design where this research is a study where data is collected at a certain time from a population or sample. Samples taken were Chronic Kidney Disease patients undergoing hemodialysis at RSU Royal Prima Medan with Accidental Sampling technique. Data analysis was performed using univariate and bivariate analysis. The results of the research that has been conducted on the Relationship between Interdialytic Weight Gain and Quality of Life in Chronic Kidney Disease Patients in the Hemodialysis Unit of RSU Royal Prima Medan 2024, it is known that of the 50 respondents who have been studied using the Person Chi-Square test, the results obtained from the $p\text{-value} = 0.000 < 0.05$, so with this H_0 rejected H_a accepted. So it can be concluded that there is a relationship between Interdialytic Weight Gain and Quality of Life in Chronic Kidney Disease Patients in the Hemodialysis Unit of RSU Royal Prima Medan 2024.

Keywords: Chronic Kidney Disease, Hemodialysis, Interdialytic Weight Gain, Quality of Life