

Abstrak

Penyakit ginjal kronis merupakan kerusakan ginjal yang berlangsung selama tiga bulan atau lebih, ditandai dengan penurunan fungsi ginjal secara bertahap dan bersifat permanen. Pasien penyakit ginjal kronis yang menjalani hemodialisis mengalami penurunan kualitas hidup. Tujuan penelitian ini, untuk mengetahui hubungan *self-efficacy* kualitas hidup pasien gagal ginjal kronis yang menjalani hemodialisis di RS Royal Prima Medan. Jenis penelitian *crosssectional study*. Teknik pengambilan sampel menggunakan total *sampling* berjumlah 45 orang. Data dikumpulkan menggunakan lembar kuesioner. Data dianalisis dengan uji Chi-Square. Hasil penelitian menunjukkan bahwa ada hubungan *self-efficacy* kualitas hidup pasien gagal ginjal kronis yang menjalani hemodialisis. Disarankan kepada manajemen rumah sakit agar *self-efficacy* menjadi intervensi yang harus diterapkan kepada pasien paliatif.

Kata kunci : *Self-efficacy*, Kualitas Hidup, Hemodialisis, Penyakit Ginjal Kronis

Abstract

Chronic kidney disease is kidney damage that lasts for three months or more, characterized by a gradual and permanent decline in kidney function. Chronic kidney disease patients undergoing hemodialysis experience a decreased quality of life. The purpose of this study was to determine the relationship between self-efficacy and quality of life in chronic kidney failure patients undergoing hemodialysis at Royal Prima Hospital Medan. The study was a cross-sectional study. The sampling technique used a total sampling of 45 participants. Data were collected using a questionnaire. Data were analyzed using the Chi-Square test. The results showed a relationship between self-efficacy and quality of life in chronic kidney failure patients undergoing hemodialysis. Hospital management is recommended to implement self-efficacy as an intervention for palliative care patients.

Keywords: Self-efficacy, Quality of Life, Hemodialysis, Chronic Kidney Disease