

ABSTRAK

Salah satu penyakit yang diwaspadai adalah *Chronic Kidney Disease (CKD)* atau Penyakit Ginjal Kronik (PGK), yaitu kondisi menurunnya fungsi ginjal secara bertahap dan memengaruhi kualitas hidup penderitanya. Disebabkan berbagai kondisi medis, hipertensi, diabetes melitus, glomerulonefritis, penyakit ginjal bawaan, batu saluran kemih. Peningkatan kasus PGK menegaskan pentingnya pola hidup sehat, deteksi dini, serta edukasi masyarakat untuk mencegah dan mengendalikan penyakit ini. Tujuan penelitian ini mengeksplorasi, memahami secara mendalam pengalaman keluarga dalam mendampingi aktivitas fisik pasien *CKD* yang menjalani hemodialisis. Metode penelitian yaitu kualitatif fenomenologi. Wawancara mendalam, atau *n-depth interview*, digunakan untuk pengumpulan data. Teknik analisa data pendekatan Colaizzi atau Braun & Clarke, dengan validasi data Triangulasi sumber dan metode, member *checking*. Hasil wawancara peneliti memperoleh 6 tema. Aktivitas fisik yang dilakukan di ruang hemodialisa oleh keluarga yaitu aktifitas fisik diatas tempat tidur, peregangannya anggota gerak atas dan bawah, menggenggam bola karet, membantu berjalan disekitar ruangan hemodialisa. Kesimpulan, keluarga mendampingi pasien dari awal hingga menjalani hemodialisis secara berkesinambungan, aktivitas fisik pasien pasca hemodialisis terbatas, sehingga keluarga berperan aktif membantu aktivitas sehari-hari, keluarga memberikan dukungan emosional, spiritual, dan motivasi. Hambatan kondisi fisik pasien, psikologis, emosional. Edukasi dari tenaga kesehatan terbukti bermanfaat membantu keluarga dalam mendampingi pasien melalui aktivitas sederhana dan perawatan di rumah.

Kata kunci: Aktivitas Fisik, *Chronic Kidney Disease (CKD)*, Hemodialisis, Pengalaman Keluarga

ABSTRACT

One of the diseases to watch out for is Chronic Kidney Disease (CKD), a condition where kidney function gradually declines and affects the quality of life of sufferers. This is caused by various medical conditions, including hypertension, diabetes mellitus, glomerulonephritis, congenital kidney disease, and urinary tract stones. The increase in CKD cases emphasizes the importance of a healthy lifestyle, early detection, and public education to prevent and control this disease. The purpose of this study was to explore and understand in depth the experiences of families in supporting the physical activities of CKD patients undergoing hemodialysis. The research method was qualitative phenomenology. In-depth interviews, or n-in-depth interviews, were used to collect data. The data analysis technique used the Colaizzi or Braun & Clarke approach, with data validation using source and method triangulation and member checking. The results of the interviews yielded six themes. Physical activities undertaken by families in the hemodialysis room included in-bed physical activity, stretching upper and lower limbs, holding a rubber ball, and assisting with walking around the hemodialysis room. In conclusion, families accompany patients from the beginning of hemodialysis through the continuation of the hemodialysis process. Patients' physical activity after hemodialysis is limited, so families play an active role in assisting with daily activities. They provide emotional, spiritual, and motivational support. Barriers include the patient's physical, psychological, and emotional condition. Education from healthcare professionals has proven beneficial in assisting families in supporting patients through simple activities and home care.

Keywords: *Physical Activity, Chronic Kidney Disease (CKD), Hemodialysis, Family Experience*