

Universitas Ngudi Waluyo  
Program Studi Keperawatan  
Fakultas Keperawatan  
Skripsi, Januari 2024  
Nur khayatun<sup>1</sup>, Liyanovitasari, S.Kep., Ns., M.Kep.<sup>2</sup>

## Pengaruh Terapi Self Talk Terhadap Harga Diri Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisa

### ABSTRAK

**Latar belakang :** Pasien yang mendapatkan terapi hemodialisa akan berdampak ke fisik maupun psikologisnya, masalah psikologis yang utama pada penderita gagal ginjal kronik selama menjalani terapi hemodialisa yaitu harga diri rendah. Ada beberapa penatalaksanaan yang bisa di berikan baik secara farmakologi ataupun nonfarmakologi, salah satunya yaitu pemberian *self talk*. Pendekatan ini akan mengubah pernyataan diri yang negative dan salah menjadi lebih positif dan terarah. **Tujuan:** Menganalisis pengaruh terapi *self talk* terhadap harga diri pasien gagal ginjal kronik yang menjalani hemodialisa. **Metode:** Jenis penelitian ini menggunakan penelitian kuantitatif dengan desain quasi experiment (eksperimen semu). Dengan kelompok eksperimen dan kelompok Kontrol, dengan menggunakan 30 sampel yang di bagi menjadi 2 kelompok, Teknik sampling menggunakan *purposive sampling*, instrumen penelitian Rosenberg's Self-Esteem Scale **Hasil:** Hasil dengan uji *Man Whitney U Test* nilai mean of rank 8,00 dan post test nilai mean of rank 23,00. Nilai p didapatkan 0,000 hal ini membuktikan bahwa terdapat pengaruh yang signifikan terapi self talk terhadap harga diri pasien gagal ginjal kronik yang melakukan hemodialisa. **Kesimpulan:** Ada perbedaan harga diri sebelum dan sesudah pemberian terapi *self talk* dengan nilai (p -value 0,000).

**Kata Kunci:** Harga Diri , Gagal Ginjal Kronik ,Self Talk  
**Kepustakaan:** 41(2019-2023)

Ngudi Waluyo University  
Nursing Study Program  
Nursing Faculty  
Final Assignmnet, January 2024  
Nur khayatun <sup>1</sup>, Liyanovitasari, S.Kep., Ns., M.Kep<sup>2</sup>

**The Effect of Self Talk Therapy on the Self-Esteem of Chronic Kidney Failure Patients Undergoing Hemodialysis**

**ABSTRACT**

**Background:** Patients who receive hemodialysis therapy will have physical and psychological impacts. The main psychological problem in chronic kidney failure sufferers while undergoing hemodialysis therapy is low self-esteem. There are several treatments that can be given both pharmacologically and non-pharmacologically, one of which is self-talk. This approach will change negative and false self-statements into more positive and focused ones. **Objective:** To analyze the effect of self-talk therapy on the self-esteem of chronic kidney failure patients undergoing hemodialysis. **Method:** This type of research uses quantitative research with a quasi-experiment design. With an experimental group and a kontrol group, using 30 samples which were divided into 2 groups. The sampling technique used purposive sampling, research instrument Rosenberg's Self-Esteem Scale **Results:** Results with Man Whitney U Test mean of rank 8.00 and post test mean of rank 23.00. A p-value of 0.000 proves that there is a significant influence of self talk therapy on the self-esteem of chronic renal failure patients undergoing hemodialysis. **Conclusion:** There is a difference in self-esteem before and after the administration of self talk therapy with a value of (p -value 0.000). **Conclusion:** There is a difference in self-esteem before and after giving self-talk therapy with value (p-value 0.002).

**Keywords:** Self-Esteem, Chronic Kidney Failure, Self Talk  
**Bibliography:** 41(2019-2023)