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**FAKTOR DETERMINAN KUALITAS HIDUP PASIEN GAGAL GINJAL  
KRONIK PADA USIA DEWASA DAN LANSIA YANG MENJALANI  
HEMODIALISA DI RST Dr. ASMIR SALATIGA**

**ABSTRAK**

**Latar Belakang :** Gagal ginjal kronik adalah suatu kerusakan proses patofisiologi ginjal, terjadinya penurunan fungsi ginjal yang progresif dan irreversibel, pada suatu derajat yang memerlukan bantuan terapi pengganti ginjal tetap, berupa hemodialisa dan transplantasi ginjal. Kualitas hidup merupakan keadaan dimana seseorang menerima kepuasan dan kenikmatan pada kehidupan sehari-hari. Kualitas hidup tersebut menyangkut kesehatan fisik dan kesehatan mental. Tujuan dari dilakukannya penelitian ini untuk mengetahui faktor determinan kualitas hidup pasien gagal ginjal kronik pada usia dewasa dan lansia yang menjalani hemodialisa di RST dr. Asmir Salatiga.

**Metode :** Jenis penelitian ini yaitu observasional analitik, pendekatan *cross sectional* dengan jumlah populasi 84 responden dan sampel 69 responden diambil dengan metode *quota sampling*. Variabel dalam penelitian ini yaitu usia, tingkat pendidikan, pekerjaan, lama hemodialisa, perilaku kepatuhan menjalani hemodialisa yang diteliti menggunakan kuesioner sedangkan variabel kualitas hidup pasien gagal ginjal kronik diteliti menggunakan kuesioner baku *WHOQOL-BREF*, pengambilan data menggunakan kuesioner dengan analisis univariat dan bivariat.

**Hasil :** Hasil uji *chi square* diperoleh usia ( $p = 0,003$ ), tingkat pendidikan ( $p = 0,682$ ), status pekerjaan ( $p = 0,000$ ), lama hemodialisa ( $p = 0,000$ ), perilaku kepatuhan ( $p = 1,000$ ).

**Kesimpulan :** Ada hubungan antara usia, pekerjaan, lama hemodialisa dengan kualitas hidup pasien gagal ginjal kronik pada usia dewasa dan lansia di RST Dr. Asmir Salatiga. Tidak ada hubungan antara pendidikan, perilaku kepatuhan menjalani hemodialisa dengan kualitas hidup pasien gagal ginjal kronik pada usia dewasa dan lansia di RST Dr. Asmir Salatiga.

**Kata kunci :** *Gagal Ginjal Kronik, Kualitas Hidup*

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## **DETERMINANT FACTORS OF QUALITY OF LIFE IN ADULT AND ELDERLY CHRONIC KIDNEY FAILURE PATIENTS UNDERGOING HEMODIALYSIS AT RST Dr. ASMIR SALATIGA**

### **ABSTRACT**

**Background :** Chronic renal failure is damage to the pathophysiological processes of the kidneys, a progressive and irreversible decline in kidney function, to a degree that requires the assistance of permanent renal replacement therapy, in the form of hemodialysis and kidney transplantation. Quality of life is a condition where a person obtains satisfaction and enjoyment in everyday life. Quality of life concerns physical health and mental health. The purpose of the study was to determine the determinants of the quality of life of adult and elderly chronic kidney failure patients undergoing hemodialysis at RST dr. Asmir Salatiga.

**Objective :** This research design is analytic, cross sectional approach, the total population of 84 respondents, and total sample of 69 respondents was taken using the quota sampling method. The variables in this study were age, education level, occupation, length of time undergoing hemodialysis, behavior in hemodialysis compliance which was studied using a questionnaire, quality of life variables in chronic kidney failure patients were studied using the standard WHOQOL-BREF questionnaire, data collection using a questionnaire with univariate and bivariate analysis.

**Results :** The chi square test results obtained were age ( $p=0.003$ ), education level ( $p=0.002$ ), employment status ( $p=0.000$ ), length of time undergoing hemodialysis ( $p=0.000$ ), compliance behavior ( $p=1.000$ ).

**Conclusion :** There is a correlation between age, occupation, duration of hemodialysis and the quality of life of adult and elderly chronic kidney failure patients at RST Dr. Asmir Salatiga. There is no correlation between education, behavioral compliance with hemodialysis and the quality of life of chronic kidney failure patients in adults and the elderly at RST Dr. Asmir Salatiga.

**Keywords :** Chronic Kidney Failure, Quality of Life.