

Universitas Ngudi Waluyo
Program Studi S1 Keperawatan
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Febriani Gusti Abitama Putri
011221042

Hubungan Resiliensi dengan Tingkat Stres pada pasien Gagal Ginjal Kronik yang menjalani Hemodialisis : Studi *Cross-Sectional* di Rumah Sakit Tingkat II dr. Soedjono Magelang .

ABSTRAK

Latar Belakang : Stres merupakan masalah psikologis yang sering dialami oleh pasien gagal ginjal kronik yang menjalani terapi hemodialisis akibat penyakit yang bersifat kronik dan tuntutan terapi jangka panjang. Stres yang tidak terkelola dapat berdampak negatif terhadap kondisi psikologis, kepatuhan terapi, serta kualitas hidup pasien. Salah satu faktor psikologis yang berperan mengendalikan stres adalah *resiliensi*, yaitu kemampuan seseorang untuk bertahan, menyesuaikan diri, dan bangkit dalam menghadapi tekanan selama menjalani hemodialisis.

Tujuan: Menganalisis hubungan antara tingkat resiliensi dengan tingkat stres pada pasien gagal ginjal kronik yang menjalani hemodialisis.

Metode: Penelitian kuantitatif dengan desain *cross-sectional*. Sampel berjumlah 63 responden dipilih menggunakan teknik **purposive sampling**. Instrumen penelitian menggunakan **Resilience Scale (RS-14)** dan **Perceived Stress Scale (PSS-10)**. Analisis data menggunakan uji korelasi Spearman.

Hasil: Sebagian besar responden memiliki resiliensi tinggi (65,1%) dan tingkat stres sedang (81,0%). Uji korelasi menunjukkan terdapat hubungan signifikan antara resiliensi dan stres ($r = -0,308$; $p = 0,014$) dengan arah negatif.

Kesimpulan: Terdapat hubungan antara resiliensi dan tingkat stres pada pasien hemodialisis. Tingkat stres tidak hanya dipengaruhi resiliensi, tetapi juga faktor fisik, sosial, dan psikologis lainnya.

Kata Kunci : *resiliensi*, tingkat stres, gagal ginjal kronik, *hemodialisis*.

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Ngudi Waluyo University
S1 Nursing Study Program
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Febriani Gusti Abitama Putri
011221042

The Relationship between Resilience and Stress Levels in Chronic Kidney Failure Patients Undergoing Hemodialysis : Study *Cross-Sectional* at Dr. Soedjono Magelang Level II Hospital.

ABSTRACT

Background : Stress is a psychological problem often experienced by patients with chronic kidney failure who undergo hemodialysis therapy due to chronic illnesses and long-term therapy demands. Unmanaged stress can negatively impact a patient's psychological condition, therapy adherence, and quality of life. One of the psychological factors that plays a role in controlling stress is *resilience*, which is a person's ability to survive, adjust, and rise in the face of stress during hemodialysis.

Objective : This study aims to determine the relationship between the level of resilience and the level of stress in patients with chronic kidney failure undergoing hemodialysis at the Level II Hospital dr. Soedjono Magelang.

Methods: This study used a *quantitative* design with a *cross sectional* approach. The study population was all chronic kidney failure patients undergoing hemodialysis, a sample of 63 respondents was selected using *the total sampling technique*. The research instruments were in the form of resilience questionnaires and stress level questionnaires. Data analysis was carried out using *the Spearman correlation test*.

Results: The results of *the univariate* analysis showed that most of the respondents had a high level of resilience (65.1%) and a moderate level of stress (81.0%). The results of *the Spearman correlation test* showed that there was a significant relationship between the level of resilience and the level of stress with values $r = -0.560$ and $p\text{-value} = 0.000$ ($p < 0.05$), with the direction of the negative relationship.

Suggestion : It is hoped that patients with chronic kidney failure undergoing hemodialysis can improve and maintain resilience in order to be able to better manage stress levels.

Keywords: *resilience*, stress level, chronic kidney failure, *hemodialysis*.

Reference : 25 (2020-2025)