

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Tingkat Stres Dengan *Psychological Well Being* Pada Pasien Gagal Ginjal Kronik Di Ruang RSUD dr. Abdoer Rahem Situbondo
Xvi + 80 halaman + 2 bagan + 16 tabel + 18 lampiran

Abstrak

Pasien gagal ginjal kronik yang menjalani hemodialisis seumur hidup menghadapi perubahan gaya hidup signifikan, seperti pembatasan cairan dan aktivitas. Situasi ini dapat memicu peningkatan stres yang berdampak pada *psychological well being* pasien. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres dengan *psychological well being* pada pasien gagal ginjal kronik di Ruang Dialisis RSUD dr. Abdoer Rahem Situbondo. Penelitian ini menggunakan desain korelasional dengan pendekatan *cross-sectional*. Teknik pengambilan sampel menggunakan teknik *simple random sampling* dengan total 85 responden. Instrumen penelitian menggunakan kuesioner *Perceived Stress Scale (PSS-10)* dan *Psychological Well Being Scale (PWBS)*. Hasil penelitian didapatkan sebanyak 69,4% responden memiliki tingkat stres sedang dan 69,4% memiliki *psychological well being* tinggi. Analisis uji *Spearman's Rho* menunjukkan nilai $p\text{ value} = 0,001$ dan $r = -0,361$, yang berarti terdapat hubungan negatif signifikan antara tingkat stres dan *psychological well being*. Semakin rendah tingkat stres, maka *psychological well being* pasien cenderung lebih baik. Oleh karena itu, diperlukan manajemen stres yang tepat untuk menjaga kestabilan *psychological well being* pasien.

Kata Kunci: Gagal ginjal kronik, Hemodialisa, Tingkat Stres, dan *Psychological Well Being*.

ABSTRACT

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The Relationship Between Stress Levels and Psychological Well Being in Chronic Kidney Failure Patients at Dialysis Room RSUD dr.Abdoer Rahem Situbondo
Xvi + 80 page + 2 chart + 16 table + 18 appendix

Abstract

Chronic kidney failure patients undergoing lifelong hemodialysis face significant lifestyle changes, such as fluid and activity restrictions. This situation can trigger increased stress that impacts the patient's psychological well being. This study aims to determine the relationship between stress levels and psychological well being in chronic kidney failure patients in the Dialysis Room of Dr. Abdoer Rahem Situbondo Hospital. This study used a correlational design with a cross-sectional approach. The sampling technique used a simple random sampling technique with a total of 85 respondents. The research instrument used the Perceived Stress Scale (PSS-10) and Psychological Well Being Scale (PWBS) questionnaires. The results of the study showed that 69.4% of respondents had moderate stress levels and 69.4% had high psychological well being. Spearman's Rho test analysis showed a ρ value = 0.001 and $r = -0.361$, which means there is a significant negative relationship between stress levels and psychological well being. The lower the stress level, the better the patient's psychological well being tends to be. Therefore, proper stress management is needed to maintain the stability of the patient's psychological well being.

Keywords: Chronic kidney failure, Hemodialysis, Stress Level, and Psychological Well Being.