

**HUBUNGAN LAMA SAKIT DENGAN MEKANISME KOPING PADA PASIEN
GAGAL GINJAL KRONIS YANG MENJALANI HEMODIALISIS DI
INSTALASI HEMODIALISA
RSD dr. SOEBANDI JEMBER**

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ABSTRAK

Pasien gagal ginjal kronis yang menjalani hemodialisis dapat mengalami permasalahan yang berkaitan dengan pembatasan diit dan cairan, keterbatasan fisik, penyakit komplikasi, efek samping obat, serta ketergantungan terhadap dialisis yang harus dijalani seumur hidup dapat menyebabkan kondisi stres tersendiri. Program terapi yang harus dijalani seumur hidup ini membutuhkan suatu mekanisme coping yang baik untuk bisa melanjutkan proses pengobatan. Penelitian ini bertujuan untuk menganalisis hubungan lama sakit dengan mekanisme coping pada pasien gagal ginjal kronis yang menjalani hemodialisis di Instalasi Hemodialisa RSD dr. Soebandi Jember. Desain penelitian ini menggunakan korelasi dengan pendekatan *cross sectional*, dengan instrument kuesioner dan skala likert. Jumlah sampel sebanyak 110 responden yang diambil secara *quota sampling*. Hasil penelitian menunjukkan lama sakit pada responden tertinggi adalah yang sakit lebih dari 12 bulan sebanyak 61(55.5%) dan mekanisme coping mayoritas adaptif sebanyak 107 (97.3%) responden. Hubungan lama sakit dan mekanisme coping menggunakan uji *Spearman rho* didapatkan nilai *p value* 0.528 (>0.05) yang artinya HI tidak diterima, sehingga dapat disimpulkan bahwa tidak ada hubungan keterkaitan antara lama sakit dengan mekanisme coping pada pasien gagal ginjal kronis yang menjalani hemodialisis di Instalasi Hemodialisa RSD dr. Soebandi Jember. Saran untuk peneliti selanjutnya jika ingin meneliti mekanisme coping pada pasien gagal ginjal kronis akan lebih baik jika menggunakan desain kualitatif dengan studi fenomenologi.

Kata kunci: Lama sakit; gagal ginjal kronis; hemodialisa; mekanisme coping

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**CORRELATION BETWEEN DURATION OF ILLNESS AND COPING MECHANISM
IN PATIENTS WITH CHRONIC KIDNEY DISEASE UNDERGOING HEMODIALYSIS
AT HEMODIALYSIS INSTALLATION OF DR. SOEBANDI HOSPITAL JEMBER**

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ABSTRACT

Patients with chronic kidney disease undergoing hemodialysis can experience problems related to dietary and fluid restriction, physical limitations, complications, drug side effects, and dependence on dialysis that must be lived for a lifetime, can cause a stressful condition. This therapeutic program that must be undertaken for a lifetime requires a good coping mechanism to continue the treatment process. This research aimed to analyze the correlation of duration of illness and coping mechanism in patients with chronic kidney disease undergoing hemodialysis at Hemodialysis Installation of dr. Soebandi Hospital Jember. The design of this research used correlation with the cross sectional approach, with questionnaire instruments and Likert scale. The number of samples was 110 respondents taken by quota sampling. The results showed the highest duration of illness in the respondents were sick more than 12 months as many as 61 (55.5%) and the majority of adaptive coping mechanisms were 107 (97.3%) respondents. The relationship between sick duration and coping mechanism using the Spearman test obtained p value of 0.528 (> 0.05) which means that HI was not accepted, so it can be concluded that there was no correlation between the duration of illness and coping mechanism in patients with chronic kidney disease undergoing hemodialysis at Hemodialysis installation of dr. Soebandi Hospital Jember. Suggestions for further research if you want to examine the coping mechanism in patients with chronic renal failure would be better if using a qualitative design with phenomenological studies.

Keywords: *duration of illness, chronic kidney disease, hemodialysis, coping mechanism*

