

ABSTRAK

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Hubungan Beban Subjektif Keluarga Dengan Kepatuhan Pembatasan Cairan Pasien
Chronic Kidney Disease Di Ruang Hemodialisis Rumah Sakit Daerah Balung
Jember

xiv + 89 Halaman + 16 Tabel + 2 Bagan + 15 Lampiran

ABSTRAK

Chronic Kidney Disease (CKD) merupakan kondisi progresif dan *irreversibel* di mana ginjal gagal mempertahankan keseimbangan cairan, sering memerlukan hemodialisis dan pembatasan cairan ketat untuk mencegah komplikasi. Kepatuhan pembatasan cairan mengakibatkan beban subjektif keluarga sebagai *caregiver* utama, beban ini sering timbul akibat tekanan emosional dan fisik perawatan jangka panjang. Penelitian ini bertujuan mengidentifikasi hubungan beban subjektif keluarga dengan kepatuhan pembatasan cairan pasien *Chronic Kidney Disease* di Ruang Hemodialisis Rumah Sakit Daerah Balung Jember. Metode Penelitian menggunakan deskriptif korelasional dengan desain *cross-sectional* terhadap 41 keluarga pasien menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner *Zarit Burden Interview* (ZBI, 22 item, skala Likert) dan *End Stage Renal Disease Adherence Questionnaire* (ESRD-AQ, 8 item). Hasil dapatkan sebagian besar keluarga mengalami beban subjektif berat sebanyak 24 keluarga dengan persentase (58,5%), sementara kepatuhan pembatasan cairan tinggi sebanyak 28 keluarga dengan persentase (68,3%), hasil analisis Uji *Spearman Rank* menunjukkan hubungan positif kuat ($r=0,496$, $p=0,001 < 0,05$), sehingga hipotesis diterima dan terdapat hubungan signifikan. Penelitian ini menyimpulkan terdapat hubungan positif yang kuat meskipun beban subjektif tinggi. Program pendampingan keluarga dan edukasi berkelanjutan untuk perawat direkomendasikan agar tercapai derajat yang memuaskan.

Kata Kunci: Beban Subjektif Keluarga, Kepatuhan Pembatasan Cairan, *Chronic Kidney Disease*

ABSTRACT

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The Relationship Between Subjective Family Burden and Fluid Restriction Compliance of Chronic Kidney Disease Patients in the Hemodialysis Ward of Balung Regional Hospital Jember

xiv + 89 Pages + 16 Tables + 2 Charts + 15 Appendices

Abstract

Chronic Kidney Disease (CKD) is a progressive and irreversible condition in which the kidneys fail to maintain fluid balance, often requiring hemodialysis and strict fluid restriction to prevent complications. Compliance with fluid restriction results in a subjective burden on families as primary caregivers, a burden that often arises from the emotional and physical stress of long-term care. This study aims to identify the relationship between the subjective burden of families and adherence to fluid restriction in Chronic Kidney Disease patients in the Hemodialysis Unit of Balung Regional Hospital, Jember. The research method used a descriptive correlational design with a cross-sectional approach involving 41 families of patients using purposive sampling. Data were collected using the Zarit Burden Interview (ZBI, 22 items, Likert scale) and the End Stage Renal Disease Adherence Questionnaire (ESRD-AQ, 8 items). The results showed that most families experienced heavy subjective burden, with 24 families (58.5%), while high fluid restriction adherence was found in 28 families with a percentage of (68.3%). The results of the Spearman Rank Test analysis showed a strong positive relationship ($r=0.496$, $p=0.001 < 0.05$), thus accepting the hypothesis and indicating a significant relationship. This study concluded that there is a strong positive relationship despite high subjective burden. Family support programs and continuous education for nurses are recommended to achieve a satisfactory level.

Keywords: Family Subjective Burden, Fluid Restriction Compliance, Chronic Kidney Disease