

INTISARI

EFEK IMPLEMENTASI PELATIHAN RELAKSASI PROGRESIF TERHADAP TINGKAT STRES PASIEN HEMODIALISIS

THE EFFECT OF THE IMPLEMENTATION OF THE PROGRESSIVE RELAXATION TRAINING THROUGH THE STRESS LEVEL OF HEMODIALYSIS PATIENTS

Hanif Habibur Rohman¹, Arlina Dewi¹, Warih Andan Puspitosari²

¹Program Studi Magister Manajemen Rumah Sakit,

²Departemen Psikiatri Fakultas Kedokteran dan Ilmu Kesehatan,
Universitas Muhammadiyah Yogyakarta

INTISARI

Latar Belakang : Hemodialisis merupakan pengobatan efektif yang dilakukan bagi penderita gagal ginjal kronik sebagai upaya untuk meningkatkan kualitas hidupnya. Sebanyak 80% pasien hemodialisis mengalami gangguan stres fisik dan stres psikososial yang berhubungan dengan pengobatan. Ketika menghadapi stres, otot-otot tubuh menjadi tegang seperti bagian perut menjadi tegang dan kram, dada terasa sesak maka keadaan ini berdampak pada kesehatan fisik dan psikososial oleh karena itu perlu dilakukan pelatihan manajemen stres melalui teknik relaksasi. Tujuan penelitian ini untuk mengetahui pengaruh pelatihan manajemen stres berupa relaksasi progresif terhadap tingkat stres pada pasien hemodialisis.

Metode : *Quasi-experimental* dengan rancangan *pre test dan post test with control group design*. Responden berjumlah 58 orang dibagi menjadi 29 kelompok intervensi dan 29 kelompok kontrol yang dipilih secara *random sampling*. Pengukuran tingkat stres menggunakan kuesioner *Depression Anxiety Stres Scale 42 (DASS 42)*.

Hasil : Uji *Man Whitney U Test* didapatkan ada perbedaan penurunan tingkat stres yang bermakna secara statistik ($p < 0.05$).

Kesimpulan : Pelatihan relaksasi progresif secara audio visual yang dilakukan minimal 2 kali seminggu selama 3 minggu efektif untuk menurunkan tingkat stres pada pasien yang menjalani terapi hemodialisis minimal 1 bulan.

Kata Kunci : Relaksasi Progresif , Hemodialisis, Audio Visual

ABCSTRACT

REDUCING THE HEMODIALYSIS PATIENT STRESS LEVEL THROUGH PROGRESSIVE RELAXATION

Hanif Habibur Rohman¹, Arlina Dewi¹, Warih Andan Puspitosari²

¹Master Of Hospital Management, Postgraduate,

²Department of Psychiatry Faculty of Medicine and Health Sciences
Universitas Muhammadiyah Yogyakarta

Background : Hemodialysis is an effective treatment carried out for patients with chronic kidney failure as an effort to improve the quality of life. 80% of hemodialysis patients experience physical stress disorder and psychosocial stress related to treatment. When faced with stress, the muscles of the body become tense as the abdomen becomes tense and cramped, the chest feels tight which has an impact on physical and psychosocial health so it is necessary to have stress management training through relaxation techniques. The purpose of this study was to determine the effect of progressive relaxation on stress levels in hemodialysis patients.

Method : This is a quasi-experimental study with a pre-test and post-test with control group design. There were 58 respondents divided into 2 groups (intervention and control) and each group consisted of 29 people selected by random sampling. Measurement of stress levels using questionnaire Depression Anxiety Stress Scale 42 (DASS 42).

Results : The Mann Whitney U Test showed a difference in the decrease in stress levels which was statistically significant ($p < 0.05$).

Conclusion : The audiovisual progressive relaxation training conducted at least 2 times a week for 3 weeks is effective for reducing stress levels in patients undergoing hemodialysis therapy for at least 1 month.

Keyword s: Progressive Relaxation, Hemodialysis, Audiovisual.

