

ABSTRAK

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PENGARUH RELAKSASI NAPAS DALAM TERHADAP PENURUNAN KECEMASAN PASIEN HEMODIALISIS DI KLINIK HEMODIALISIS PMI SURAKARTA

ABSTRAK

Latar Belakang ; Gagal Ginjal Kronik (GGK) merupakan gagalnya fungsi ginjal untuk mempertahankan metabolisme keseimbangan cairan dan elektrolit akibat kerusakan struktur ginjal yang progresif dengan adanya penumpukan sisa metabolik didalam darah. Terapi hemodialisis menjadi pilihan utama pengganti fungsi ginjal, hemodialisis menimbulkan kecemasan bagi pasien yang menjalani hemodialisis. Relaksasi napas dalam merupakan terapi nonfarmakologi untuk menurunkan ketegangan pada otot sehingga dapat menurunkan cemas. **Tujuan;** Mengetahui pengaruh relaksasi napas dalam terhadap penurunan kecemasan pasien hemodialisis di Klinik Hemodialisis PMI Surakarta. **Metode;** jenis penelitian kuantitatif menggunakan metode *pre-experimental design* dengan rancangan *one group pretest and posttest design* Populasi penelitian adalah pasien hemodialisis di Klinik Hemodialisis PMI Surakarta. Sampel penelitian sebanyak 35 responden yang ditentukan dengan teknik kuota sampling. Pengumpulan data menggunakan *HARS (Hamilton Rating Scale of Anxiety)* dan analisis data menggunakan uji *Wilcoxon Signed Rank Test*. **Hasil:** Hasil uji *Wilcoxon Signed Rank Test* diperoleh nilai signifikansi (*p-value*) 0,000 sehingga terdapat perbedaan kecemasan sebelum dan sesudah pemberian relaksasi napas dalam pada pasien hemodialisis di Klinik Hemodialisis PMI Surakarta. **Kesimpulan;** adanya pengaruh antara pemberian relaksasi napas dalam terhadap kecemasan pasien hemodialisis di Klinik Hemodialisis PMI Surakarta.

Kata Kunci : *Gagal ginjal kronik, Hemodialisis, Relaksasi napas dalam*

ABSTRACT

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EFFECT OF DEEP BREATHING RELACTATION OF ANXIETY REDUCTION HAEMODIALYSIS PATIENT IN PMI HAEMODIALYSIS CLINIC SURAKARTA

ABSTRACT

Background ; *Chronic Kidney Failure (CRF) is a failure of kidney function to maintain metabolism of fluid and electrolyte balance due to progressive damage to kidney structure with the accumulation of metabolic residues in the blood. Haemodialysis therapy is the main choice for replacement of kidney function, hemodialis causes anxiety for patients undergoing haemodialysis. Deep breath relaxation is non-pharmacological therapy to reduce tension in the muscles so that it can reduce anxiety.* **Objective;** *Knowing the effect of deep breath relaxation on decreasing anxiety haemodialysis patients in PMI Haemodialysis Clinic Surakarta.* **Method;** *This type of quantitative research uses pre-experimental design with the design of one group pretest and posttest design. The study population was hemodialysis patients at PMI Surakarta Hemodialysis Clinic. Research samples as many as 35 respondents were determined by sampling quota technique. Data collection using HARS (Hamilton Rating Scale of Anxiety) and data analysis using the Wilcoxon Signed Rank Test. Data collection using HARS (Hamilton Rating Scale of Anxiety) and data analysis using Wilcoxon Signed Rank Test.* **Results Results:** *The Wilcoxon Signed Rank Test test results obtained a significance value (p-value) of 0,000 so that there are differences in anxiety before and after deep breath relaxation in hemodialysis patients in the PMI Hemodialysis Clinic Surakarta.* **Conclusion;** *there is an influence between giving breath relaxation in anxiety to hemodialysis patients in PMI Haemodialysis Clinic Surakarta.*

Keyword: *Chronic Kidney Failure, Haemodialysis, deep breathing relactation*