ABSTRAK

DWI ANGGRAINI PUSPITASARI, 2019. Hubungan Kadar Hemoglobin, Tingkat Konsumsi Energi dan Protein serta Status Gizi terhadap Kualitas Hidup Pasien Gagal Ginjal Kronik dengan Hemodialisis di Rumah Sakit Umum Daerah Kanjuruhan Kepanjen Kabupaten Malang. **Pembimbing: Endang WIdajati**

Menurut *Indonesia Renal Registry* (IRR) Prevalensi Gagal Ginjal Kronik (GGK) semakin meningkat, pasien gagal ginjal kronik dengan hemodialisis memiliki penderita paling banyak. Tindakan hemodialisis tersebut dapat mempengaruhi kualitas hidup penderita. *National Kidney Foundation* (NKF) membuat acuan yaitu akses vaskuler, adekuasi dialisis, anemia, nutrisi, hipertensi, serta penyakit tulang dapat mempengaruhi kualitas hidup penderita gagal ginjal kronik. Tujuan dari penelitian ini adalah untuk menganalisis hubungan kadar hemoglobin, tingkat konsumsi energi dan protein serta status gizi terhadap kualitas hidup pasien gagal ginjal kronik dengan hemodialisis di Rumah Sakit Umum Daerah Kanjuruhan Kepanjen Kabupaten Malang. Metode penelitian ini adalah deskriptif korelasi dengan desain penelitian *cross sectional*. Teknik atau cara pengambilan sampel yang digunakan adalah *consecutive sampling* dengan jumlah sampel 20 pasien. Hasil penelitian menunjukkan penderita gagal ginjal kronik dengan hemodialisis paling banyak terjadi pada usia 51-60 tahun yakni 40%. Penderita gagal ginjal kronik dengan hemodialisis pada penelitian paling banyak berjenis kelamin perempuan yakni 65%. Penderita gagal ginjal kronik dengan hemodialisis memiliki kadar hemoglobin rendah yaitu 95%. Tingkat konsumsi energi penderita gagal ginjal kronik dengan hemodialisis pada penelitian ini 80% defisit. Tingkat konsumsi protein pasien gagal ginjal kronik dengan hemodialisis pada penelitian ini 60% deficit. Status gizi menurut LiLA/U penderita gagal ginjal kronik dengan hemodialisis 90% memiliki status gizi kurang. Kualitas hidup pasien gagal ginjal kronik dengan hemodialisis 85% memiliki kualitas hidup kurang berkualitas. Terdapat hubungan antara tingkat konsumsi energi terhadap kualitas hidup (p=0,049). Berdasarkan analisis statistik uji *Chi Square* dengan alternative uji *Fisher* didapatkan tidak ada hubungan antara kadar hemoglobin dengan kualitas hidup (p-value 1,000>0,05), tidak ada hubungan tingkat konsumsi energi dengan kualitas hidup (p-value 0,088>0,05), ada hubungan antara tingkat konsumsi protein dengan kualitas hidup (p-value 0,049<0,05), tidak ada hubungan antara status gizi dengan kualitas hidup (p-value 1,000>0,05). Disarankan dilakukan evaluasi status gizi secara rutin mulai dari pemeriksaan antropometri, laboratorium, fisik/klinis dan riwayat makan untuk tercapainya status gizi yang lebih baik.

Kata Kunci: Gagal ginjal kronik, hemodialisis, kadar hemoglobin, tingkat konsumsi energi dan protein, status gizi, kualitas hidup

ABSTRACT

DWI ANGGRAINI PUSPITASARI, 2019. Relation of Hemoglobin Levels, Energy and Protein Consumption Levels and Nutritional Status to the Quality of Life of Chronic Kidney Failure Patients with Hemodialysis at the Kepanjen General Hospital in Malang Regency. **Advisor: Endang Widajati**

According to the Indonesian Renal Registry (IRR) the prevalence of chronic kidney failure (CRF) is increasing, patients with chronic renal failure with hemodialysis have the most sufferers. The action of hemodialysis can affect the quality of life of patients. The National Kidney Foundation (NKF) makes reference namely vascular access, adequate dialysis, anemia, nutrition, hypertension, and bone disease can affect the quality of life for patients with chronic renal failure. The purpose of this study was to analyze the relationship of hemoglobin levels, energy and protein consumption levels and nutritional status to the quality of life of patients with chronic renal failure with hemodialysis at the Kepanjen General Hospital in Malang Regency. The method of this research is descriptive correlation with cross sectional research design. The technique or method of sampling used was consecutive sampling with a sample of 20 patients. The results showed that most patients with chronic kidney failure with hemodialysis occur at the age of 51-60 years at 40%. Patients with chronic renal failure with hemodialysis in the study were mostly female at 65%. Patients with chronic kidney failure with hemodialysis have a low hemoglobin level of 95%. The level of energy consumption of patients with chronic kidney failure with hemodialysis in this study was 80% deficit. The level of protein consumption of patients with chronic renal failure with hemodialysis in this study was 60% deficit. Nutritional status according to LiLA / U patients with chronic renal failure with hemodialysis 90% have poor nutritional status. The quality of life of patients with chronic renal failure with 85% hemodialysis has a poor quality of life. There is a relationship between the level of energy consumption on quality of life ($p = 0.049$). Based on Chi Square test analysis with the alternative Fisher test, there was no correlation between hemoglobin level and quality of life (p-value 1,000> 0.05), there was no correlation between the level of energy consumption and quality of life (p-value 0.088> 0.05) , there is a relationship between the level of protein consumption and quality of life (p-value 0.049 <0.05), there is no relationship between nutritional status and quality of life (p-value 1,000> 0.05). It is recommended to evaluate nutritional status routinely starting from anthropometric, laboratory, physical / clinical examination and eating history to achieve better nutritional status.

Keywords: Chronic renal failure, hemodialysis, hemoglobin level, energy and protein consumption level, nutritional status, quality of life