

ABSTRAK

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Judul Skripsi : “Hubungan antara *Self-Efficacy* dan Kualitas Hidup pada Pasien Gagal Ginjal Kronis yang Menjalani Hemodialisis di Rumah Sakit ‘X’ di Bandung”

Self-efficacy adalah faktor penting dalam *coping* terhadap tantangan atau tuntutan yang dihadirkan oleh kondisi kronis (Cramm, Strating, Roebroek, & Nieboer, 2012). Kondisi kronis dapat mengubah hidup seseorang dengan adanya penurunan pada kualitas hidup dan kesejahteraan seseorang. Salah satu penyakit kronis di Indonesia yang setiap tahunnya mengalami peningkatan adalah gagal ginjal kronis.

Tujuan dari penelitian ini adalah untuk melihat hubungan antara *self-efficacy* dan kualitas hidup pada pasien gagal ginjal kronis. Subjek dalam penelitian ini adalah 39 orang pasien gagal ginjal kronis yang menjalani Hemodialisis di Rumah Sakit ‘X’ Kota Bandung. Metode yang digunakan adalah studi korelasional dengan teknik sampel *convenience* sampling. Data diperoleh menggunakan kuesioner. Kuesioner yang digunakan adalah *Chronic Disease Self-Efficacy* untuk mengukur *self-efficacy* dan WHOQOL-BREF untuk mengukur kualitas hidup. Data yang diperoleh diolah menggunakan uji korelasi *rank spearman*. Hasil penelitian menunjukkan bahwa terdapat hubungan yang positif antara *self-efficacy* dan kualitas hidup dilihat dari keempat domain yang ada yaitu *physical health* ($p\text{-value} = 0.030$, $r = 0.304$), *psychological* ($p\text{-value} = 0.003$, $r = 0.425$), *social relationship* ($p\text{-value} = 0.032$, $r = 0.300$), dan *environment* ($p\text{-value} = 0.018$, $r = 0.337$). Hubungan positif ini memiliki arti bahwa semakin tinggi *self-efficacy* maka semakin baik kualitas hidup yang dimilikinya. Selain keempat domain tersebut, terdapat hubungan positif antara *self-efficacy* dengan *general health* ($p\text{-value} = 0.003$, $r = 0.439$), namun tidak terdapat hubungan antara *self-efficacy* dengan *general quality of life*.

Kata kunci: *self-efficacy*, kualitas hidup, gagal ginjal kronis

ABSTRACT

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Title : *“Relationship between Self-Efficacy and Quality of Life among Chronic Kidney Disease Patient with Hemodialysis in Hospital ‘X’ Bandung”*

Self-efficacy is an important factor in coping with the challenges and demands presented by a chronic condition (Cramm, Strating, Roebroek, & Nieber, 2012). Chronic condition can change someone's life with a significant deterioration in the quality of life and well-being. One of the chronic diseases in Indonesia, which every year has increased is chronic renal failure. The purpose of this study was to look at the relationship between self-efficacy and quality of life in patients with chronic renal failure. Subjects in this study were 39 patients with chronic renal failure undergoing hemodialysis at the Hospital 'X' Bandung. The method used is correlational studies with samples of convenience sampling technique. The data were obtained using a questionnaire. The questionnaire used is a Chronic Disease Self-Efficacy to measure self-efficacy and WHOQOL-BREF to measure quality of life. The data obtained were processed using the Spearman Rank correlation test. The results showed that there is a positive relationship between self-efficacy and quality of life seen from the four existing domains: the physical health ($p\text{-value} = 0.030$, $r = 0.304$), psychological ($p\text{-value} = 0.003$, $r = 0.425$), social relationship ($p\text{-value} = 0.032$, $r = 0.300$), and environment ($p\text{-value} = 0.018$, $r = 0.337$). This positive relationship means that higher self-efficacy, the better its quality of life. In addition to the four domains, there is a positive relationship between self-efficacy with general health ($p\text{-value} = 0.003$, $r = 0.439$), but there is no relationship between self-efficacy with the general quality of life.

Keyword: *self-efficacy, quality of life, chronic renal failure*