

ABSTRAK

Hubungan Adaptasi Kebiasaan Baru (AKB) Dengan Kualitas Hidup Pasien Hemodialisis Pada Masa Pandemi COVID-19 di Rumah Sakit Muhammadiyah Lamongan

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Pendahuluan: Kualitas hidup pasien *Chronic Kidney Disease* (CKD) yang menjalani hemodialisis mengalami penurunan seiring dengan meningkatnya stadium penyakit, sehingga menimbulkan masalah produktifitas pasien. Pada musim pandemik pasien hemodialisis beresiko sangat tinggi terpapar covid-19, pentingnya penerapan Adapatasi Kebiasaan Baru untuk menurunkan morbiditas dan mortalitas. Tujuan penelitian ini untuk Menjelaskan Hubungan Adaptasi Kebiasaan Baru Dengan Kualitas Hidup Pasien Hemodialisis Pada Masa Pandemi COVID-19 di Rumah Sakit Muhammadiyah Lamongan.

Metode: Penelitian ini menggunakan desain *korelasional*, teknik *simple random sampling*, besar populasi 85 responden, besar sampel 70 responden diruang Hemodialisis RS Muhammadiyah Lamongan yang memenuhi kriteria inklusi. Data diambil meliputi karakteristik responden, Adapatasi Kebiasaan Baru dan kualitas hidup, pengumpulan data menggunakan *google form questioner*, dianalisis menggunakan uji *spearman*.

Hasil: Hampir sebagian responden melakukan adaptasi kebiasaan baru dalam kategori cukup, sebagian besar responden memiliki kualitas hidup dalam kategori tidak baik dan terdapat hubungan adapatasi kebiasaan baru dengan kualitas hidup pasien hemodialisis, nilai signifikansi $rs = 0,303$ dan $p = 0,011$.

Diskusi: kegiatan pendidikan kesehatan pada pasien hemodialisis, pada musim pandemik bisa menggunakan media sosial (*Facebook, Instagram, Twiter, Whatsapp*) akan meningkatkan penerapan AKB selama di rumah dan di rumah sakit. Sehingga kualitas hidup pasien akan tetap baik.

Kata kunci : *Adaptasi Kebiasaan Baru, Hemodialisis, Kualitas Hidup*.

ABSTRACT

The Relationship of New Normal Adaptation (NNA) with the Quality of Life Hemodialysis Patients during the COVID-19 Pandemic at Lamongan Muhammadiyah Hospital

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Introduction : The life quality of patients Chronic Kidney Disease (CKD) who got hemodialysis had decreased along with the increasing level of the disease, so it made the problems of patient productivity. In the pandemic, hemodialysis patients were at very high risk of exposure to covid-19, it was very important of implementing New Normal Adaptation to reduce morbidity and mortality. The purpose of this study was to explain the relationship between New Normal Adaptation and the life quality of hemodialysis patients during the pandemic of COVID-19 at Lamongan Muhammadiyah Hospital.

Methods : This study used a correlation design, by simple random sampling technique, the populations were 85 respondents. The samples were 70 respondents in the Hemodialysis room at Lamongan Muhammadiyah Hospital which was in the inclusion criteria. The data that was collected included respondent characteristics, New Normal Adaptation and quality of life, the data collection used google questionnaire form, then it was analyzed by using the Spearman test.

Results : Some of the respondents treated new normal in the moderate category, most of the respondents had life quality in the bad category and there was a relationship between New Normal Adaptation with the life quality of hemodialysis patients, the significant value was = 0.303 and $p = 0.011$.

Discussion : During the pandemic, activities health education for hemodialysis patients could use social media (Facebook, Instagram, Twitter, Whatsapp) that would increase New Normal Adaptation at home and in hospital. So that, The quality of the patients life would be good.

Keywords: *New Normal Adaptation, Hemodialysis, Quality of Life.*