

ABSTRAK

PENGARUH *SELF EFFICACY TRAINING* DENGAN METODE *PEER MENTORING* TERHADAP *SELF EFFICACY* DAN KEPATUHAN KLIEN *END STAGE RENAL DISEASE* (ESRD) YANG MENJALANI HEMODIALISIS

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Klien *End Stage Renal Disease* (ESRD) memerlukan terapi pengganti ginjal yaitu hemodialisis. Klien dengan ESRD yang menerima hemodialisis sering gagal dalam menjalani penatalaksanaan diet dan cairan yang dianjurkan. Penelitian ini bertujuan untuk mengetahui pengaruh *self efficacy training* dengan metode *peer mentoring* terhadap *self efficacy* dan kepatuhan klien *end-stage renal disease* (ESRD) yang menjalani hemodialisis.

Jenis penelitian ini adalah *Quasy-Experiment* dengan rancangan penelitian *pre-post test control group design*. Populasi terjangkau dalam penelitian ini adalah klien ESRD yang menjalani hemodialisis di RS Gatoel Kota Mojokerto yang berjumlah 25 orang. Besar sampel berjumlah 25 orang, menggunakan menggunakan teknik *concecutive sampling*. Kelompok perlakuan berjumlah 13 orang, sedangkan kelompok kontrol 12 orang.

Hasil uji hotelling T^2 didapatkan nilai $p=0,000$. Hasil tersebut menunjukkan ada perbedaan antara *self efficacy*, kalium dan IDWG (*post test*) pada kelompok perlakuan dan kontrol, dimana kelompok perlakuan mengalami perubahan yang lebih signifikan jika dibandingkan dengan kelompok kontrol.

Hasil penelitian menunjukkan bahwa pada klien ESRD yang menjalani hemodialisis dan program *self efficacy training* dengan metode *peer mentoring* dalam 8 sesi selama 4 minggu didapatkan peningkatan *self efficacy* serta penurunan kadar kalium dan IDWG

Berdasarkan hasil penelitian ini, pihak rumah sakit disarankan untuk membuat program *self efficacy training* dengan metode *peer mentoring* yang melibatkan klien sebagai *mentor* dalam meningkatkan *self efficacy* dan kepatuhan klien ESRD. Bagi peneliti selanjutnya diharapkan melakukan penelitian yang serupa tetapi dengan jumlah sampel yang lebih besar dan menggunakan kuesioner *self efficacy* yang lebih sempurna.

Kata kunci: ESRD, *self efficacy training*, manajemen diri klien ESRD, *peer mentoring*

ABSTRACT

EFFECT OF SELF EFFICACY TRAINING WITH PEER MENTORING
TOWARD SELF EFFICACY AND COMPLIANCE OF CLIENT
END STAGE RENAL DISEASE (ESRD)
UNDERGOING HEMODIALYSIS

By Fitria Wahyu Ariyanti

End Stage Renal Disease (ESRD) patients requiring renal replacement therapy are hemodialysis. Patients with ESRD who receive hemodialysis often failed to undergo treatment of diet and fluids are recommended. This study aims to determine the effect of self-efficacy training with the peer mentoring toward self efficacy and compliance of client end-stage renal disease (ESRD) undergoing hemodialysis.

This type of research is quasy-Experiment with research design pre-post test control group design. The population in this study are ESRD patients undergoing hemodialysis in Gatoel hospital Mojokerto which amounts to 25 people. The sample size are 25 people, using consecutive sampling technique. The treatment group consisted of 13 people and the control group consisted of 12 people.

The result of Hotelling T^2 test obtained p value = 0,000. The result showed there are no difference between self efficacy, potassium and IDWG (post-test) in the treatment and control group, in which the treatment group experienced a more significant change when compared to the control group.

The results showed that there were significant differences between self-efficacy, levels of potassium and IDWG after intervention in the treatment group and the control group, in which the more significant changes occurred in the treatment group. This means the program of self-efficacy training with peer mentoring method is carried out in 8 sessions over 4 weeks can improve self efficacy, reduce levels of potassium and lower IDWG of client with ESRD.

Based on these results, the hospitals are advised to make the program of self-efficacy training with peer mentoring methods that involve the client as a mentor in improving self-efficacy and compliance of client with ESRD. For further research are expected to conduct similar research but with a larger sample size and use more perfect the self efficacy questionnaire.

Keywords: ESRD, self-efficacy training, self management of ESRD client, peer mentoring