

ABSTRAK

Indryati Syafitrie : Hubungan Pengetahuan Tentang Diet Ginjal Dan Lama Terapi Dengan Kepatuhan Diet Pasien CKD (*Chronic Kidney Disease*) Yang Menjalani Hemodialisa Di RSUD Haji Medan.

Penyakit Ginjal Kronis (CKD) adalah suatu kondisi di mana ginjal mengalami perubahan baik fungsi maupun struktur, sehingga menyebabkan ketidakmampuan untuk pulih sepenuhnya (*irreversible*) dan berlangsung secara bertahap seiring berjalannya waktu. Penelitian ini bertujuan untuk mengetahui : (1) Karakteristik pasien CKD; (2) Pengetahuan tentang diet ginjal; (3) Lama terapi pasien CKD; (4) Hubungan pengetahuan tentang diet ginjal dengan kepatuhan diet pasien CKD; (5) Hubungan lama terapi dengan kepatuhan diet pasien CKD; (6) Hubungan Pengetahuan tentang diet ginjal dengan lama terapi.

Desain penelitian yang digunakan pada penelitian ini yaitu *cross sectional*. Sampel penelitian ini sebanyak 32 responden. Data yang diukur adalah pengetahuan tentang diet ginjal dengan menggunakan kuesioner yang terdiri dari 16 pertanyaan pilihan ganda. Lama terapi dikumpulkan dengan menggunakan kuesioner lama waktu sejak pertama kali pasien menjalani HD hingga saat ini. Kepatuhan diet diukur dengan menggunakan *food recall* 2x24 jam. Analisis bivariat menggunakan uji *Rank Spearman*. Analisis multivariat menggunakan uji Regresi Logistik menggunakan aplikasi SPSS.

Hasil analisis univariat menunjukkan bahwa mayoritas pengetahuan gizi pasien yaitu baik (>80) sebanyak 42,7%, kurang (<60) sebanyak 32,3% lalu cukup (60-80) sebanyak 25%. Lama terapi pasien mayoritas lama (>12 bulan) sebanyak 62,5%, baru (<11 bulan) sebanyak 37,5%. Kepatuhan diet pasien mayoritas tidak patuh yaitu sebanyak 56,25% dan patuh sebanyak 43,75%. Hasil analisis bivariat menunjukkan terdapat hubungan yang signifikan antara pengetahuan diet ginjal dengan kepatuhan diet ($p=0,000$) dan ada hubungan antara lama terapi dengan kepatuhan diet ($p=0,000$). Hasil analisis *regresi logistic* antara pengetahuan diet ginjal dan lama terapi dengan kepatuhan diet menunjukkan terdapat hubungan yang tidak signifikan secara statistik antara pengetahuan gizi dengan kepatuhan diet akan tetapi pada lama terapi dengan kepatuhan diet pada pasien menunjukkan hubungan yang signifikan dibuktikan dengan nilai $p\text{-value } 0,029 < 0,05$.

Kata kunci : Pengetahuan, lama terapi dan kepatuhan diet

ABSTRACT

Indryati Syafitrie: The Relationship between Knowledge About Kidney Diet and Length of Therapy with Diet Compliance in CKD (*Chronic Kidney Disease*) Patients Undergoing Hemodialysis at RSU Haji Medan.

Chronic Kidney Disease (CKD) is a condition in which the kidneys experience changes in both function and structure, resulting in an inability to recover completely (irreversible) and occurs gradually over time. This study aims to determine: (1) Characteristics of CKD patients; (2) Knowledge about kidney diet; (3) Length of therapy for CKD patients; (4) Relationship between knowledge about kidney diet and dietary compliance in CKD patients; (5) Relationship between length of therapy and diet compliance in CKD patients; (6) Relationship between knowledge about kidney diet and length of therapy.

The research design used in this research is cross sectional. The sample for this research was 32 respondents. The data measured was knowledge about kidney diet using a questionnaire consisting of 16 multiple choice questions with answers A, B and C. Length of therapy was collected using a questionnaire on the length of time since the patient first underwent HD until now. Dietary compliance was measured using 2x24 hour food recall. Bivariate analysis used the Spearman Rank test. Multivariate analysis using the Logistic Regression test using the SPSS 25 application.

The results of univariate analysis showed that the majority of patients' nutritional knowledge was good (>80) as much as 42.7%, poor (<60) as much as 32.3% and then sufficient (60-80) as much as 25%. The majority of patients' duration of therapy was long (>12 months) as much as 62.5%, new (<11 months) as much as 37.5%. The majority of patients' diet compliance was non-compliant, namely 56.25% and 43.75% adherent. The results of bivariate analysis showed that there was a significant relationship between knowledge of kidney diet and diet compliance ($p=0.000$) and there was a relationship between length of therapy and diet compliance ($p=0.000$). The results of the logistic regression analysis between knowledge of kidney diet and length of therapy and diet compliance showed that there was a statistically insignificant relationship between knowledge of nutrition and diet compliance, however, length of therapy and diet compliance in patients showed a significant relationship as evidenced by a p-value of $0.029 < 0.05$.

Keywords: Knowledge, duration of therapy and diet compliance