

ABSTRAK

Shifa Azzahra. 5193540016. Hubungan Pengetahuan Tentang Penyakit Gagal Ginjal Kronik dengan Asupan Protein pada Pasien Gagal Ginjal Kronik Hemodialisa Rawat Jalan di RSUD Haji Medan. Skripsi. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2026.

Penelitian ini bertujuan untuk mengetahui karakteristik responden, tingkat pengetahuan pasien tentang penyakit gagal ginjal kronik (GGK), asupan protein pasien, serta hubungan pengetahuan tentang penyakit GGK dengan asupan protein pada pasien gagal ginjal kronik yang menjalani hemodialisa rawat jalan di RSUD Haji Medan. Penelitian dilaksanakan pada bulan Juli-Agustus 2024 menggunakan desain *cross-sectional*. Populasi penelitian adalah pasien gagal ginjal kronik yang menjalani hemodialisa dengan teknik pengambilan sampel purposive sampling sebanyak 35 pasien. Data dikumpulkan menggunakan kuesioner pengetahuan tentang penyakit GGK dan formulir *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ). Analisis data menggunakan analisis deskriptif dan uji korelasi *Pearson Product Moment*.

Hasil penelitian menunjukkan bahwa tingkat pengetahuan pasien tentang penyakit GGK berada pada kategori kurang sebanyak 16 pasien (45,7%), kategori baik sebanyak 12 pasien (34,3%), dan kategori cukup sebanyak 7 pasien (20,0%). Asupan protein pasien yang memenuhi kebutuhan sebanyak 11 pasien (31,4%), sedangkan asupan protein yang tidak memenuhi kebutuhan sebanyak 24 pasien (68,6%).

Hasil uji korelasi menunjukkan terdapat hubungan yang positif dan signifikan antara pengetahuan tentang penyakit GGK dengan asupan protein pada pasien hemodialisis di RSUD Haji Medan dengan nilai koefisien korelasi sebesar 0,592 dan p-value sebesar 0,000 ($p < 0,05$). Semakin baik pengetahuan pasien tentang penyakit GGK, maka semakin baik pula pemenuhan asupan protein pasien.

Kata Kunci: Pengetahuan, Gagal Ginjal Kronik, Asupan Protein, Hemodialisa

ABSTRACT

Shifa Azzahra. 5193540016. The Relationship Between Knowledge of Chronic Kidney Disease and Protein Intake in Outpatient Hemodialysis Patients with Chronic Kidney Disease at RSU Haji Medan. Thesis. Nutrition Program. Family Welfare Education. Faculty of Engineering. University of Medan. 2026.

This study aims to determine the characteristics of the respondents, the level of patients' knowledge about chronic kidney disease (CKD), patients' protein intake, and the relationship between knowledge about CKD and protein intake in chronic kidney disease patients undergoing outpatient hemodialysis at RSU Haji Medan. The study was conducted in July–August 2024 using a cross-sectional design. The study population consisted of chronic kidney disease patients undergoing hemodialysis, with a sample size of 35 patients selected using purposive sampling. Data were collected using a questionnaire on knowledge of CKD and the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Data analysis involved descriptive analysis and the Pearson Product-Moment correlation test.

The results showed that the level of knowledge regarding Chronic Kidney Disease (CKD) was predominantly in the poor category, with 16 patients (45.7%), followed by the good category with 12 patients (34.3%), and the fair category with 7 patients (20.0%). Regarding protein intake, 11 patients (31.4%) met their protein requirements, while 24 patients (68.6%) did not meet their protein requirements.

The correlation analysis revealed a positive and statistically significant relationship between knowledge of CKD and protein intake among hemodialysis patients at RSU Haji Medan, with a correlation coefficient of 0.592 and a p-value of 0.000 ($p < 0.05$). These findings indicate that better knowledge of CKD is associated with better fulfillment of protein intake requirements among patients.

Keywords: Knowledge, Chronic Kidney Disease, Protein Intake, Hemodialysis

