

## ABSTRAK

**Adhenisa Salsabila: Hubungan Dukungan Keluarga dengan Kepatuhan Diet Pada Pasien Gagal Ginjal Kronik yang Menjalani Hemodialisa di RS USU. Skripsi. Prodi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik Universitas Negeri Medan. 2024.**

Tujuan penelitian ini untuk mengetahui: (1) Karakteristik responden yaitu jenis kelamin, usia, pendidikan, pekerjaan, riwayat edukasi atau konseling diet, keluarga yang mengantar saat hemodialisa, berat badan pra-hemodialisa dan pasca-hemodialisa serta tekanan darah. (2) Dukungan keluarga pada pasien gagal ginjal kronik yang menjalani hemodialisa. (3) Kepatuhan diet pada pasien gagal ginjal kronik yang menjalani hemodialisa. (4) Hubungan dukungan keluarga dengan kepatuhan diet pada pasien gagal ginjal kronik yang menjalani hemodialisa. Metode penelitian ini menggunakan desain penelitian *cross-sectional*. Tempat penelitian ini dilakukan di Rumah Sakit Universitas Sumatera Utara (RS USU) Medan. Waktu penelitian dilakukan September-November 2023. Populasi dalam penelitian ini seluruh pasien gagal ginjal kronik yang menjalani hemodialisa sebanyak 62 orang. Teknik pengambilan sampel menggunakan teknik *purposive sampling* dengan jumlah pasien sebanyak 30 orang. Teknik pengumpulan data, untuk dukungan keluarga menggunakan kuesioner dan kepatuhan diet menggunakan *food recall* 2x24 jam. Teknik analisis data secara deskriptif dan uji hipotesis *Chi-Square*.

Berdasarkan hasil penelitian menunjukkan karakteristik responden sebagian besar responden berjenis kelamin perempuan 56,70 persen, rerata usia responden 43,77±9,83 tahun, rerata pendidikan responden 13±2,86 tahun, pekerjaan responden bervariasi, rerata pendapatan responden 1.680.000±1.449.232,85 rupiah, sebagian besar responden sudah mendapatkan edukasi dari dokter dan perawat sebesar 76,70 persen, sebagian besar pasien diantar oleh suami/istri sebesar 40,00 persen, rerata berat badan pasca hemodialisa hari pertama 59,22±8,96 kg, rerata berat badan pasca hemodialisa hari kedua 58,8±8,89 kg dan rerata tekanan darah responden 143,63±18,2/76,33±6,94 mmHg. Dukungan keluarga termasuk kategori kurang baik sebesar 56,70 persen. Kepatuhan diet termasuk kategori tidak patuh sebesar 73,30 persen. Hasil analisis uji korelasi *Chi-Square* menunjukkan terdapat hubungan yang positif dan signifikan antara dukungan keluarga dengan kepatuhan diet pada pasien GGK yang menjalani hemodialisa dengan *p-value* sebesar 0,049 ( $p < 0,05$ ).

**Kata Kunci: Gagal Ginjal Kronik, Kepatuhan Diet, Dukungan Keluarga**

## ABSTRACT

**Adhenisa Salsabila: *The Relationship between Family Support and Diet Compliance in Chronic Kidney Disease undergoing Hemodialysis at RS USU. Thesis. Nutrition Study Program. Majoring in Family Welfare Education. Faculty of Engineering Medan State University. 2024.***

*The aim of this research is to determine: (1) Characteristics of respondents, namely gender, age, education, employment, history of education or diet counseling, family who accompanied them during hemodialysis, pre-hemodialysis and post-hemodialysis body weight and blood pressure. (2) Family support for chronic kidney failure patients undergoing hemodialysis. (3) Dietary compliance in chronic kidney failure patients undergoing hemodialysis. (4) The relationship between family support and dietary compliance in chronic kidney failure patients undergoing hemodialysis. This research method uses a cross-sectional research design. The location of this research was at the North Sumatra University Hospital (USU Hospital) Medan. When the research was conducted September-November 2023. The population in this study were all 62 chronic kidney failure patients undergoing hemodialysis. The sampling technique used purposive sampling technique with a total of 30 patients. Data collection techniques, for family support using questionnaires and dietary compliance using 2x24 hour food recall. Descriptive blood analysis techniques and Chi-Square hypothesis testing.*

*Based on the research results, it shows that the characteristics of the respondents were that most of the respondents were female, 56.70 percent, the mean age of the respondents was  $43.77 \pm 9.83$  years, the mean education of the respondents was  $13 \pm 2.86$  years, the jobs of the respondents varied, the mean income of the respondents was  $1,680,000 \pm 1,449,232.85$  rupiah, the majority of respondents had received education from doctors and nurses amounting to 76.70 percent, the majority of patients were accompanied by husbands/wives amounting to 40.00 percent, the average weight after hemodialysis on the first day was  $59.22 \pm 8,96$  kg, the average body weight after hemodialysis on the second day was  $58.8 \pm 8.89$  kg and the average blood pressure of respondents was  $143.63 \pm 18.2/76.33 \pm 6.94$  mmHg. Family support is in the poor category at 56.70 percent. Dietary compliance is included in the non-compliant category at 73.30 percent. The results of the Chi-Square correlation test analysis showed that there was a positive and significant relationship between family support and dietary compliance in CKD patients undergoing hemodialysis with a p-value of 0.049 ( $p < 0.05$ ).*

**Keyword: *Chronic Kidney Disease, Dietary Compliance, Family Support***