

**Program Studi S1 Keperawatan  
STIKes MERCUBAKTIJAYA PADANG  
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**Hubungan Mekanisme Koping dengan Tingkat Stres Pasien *Chronic Kidney Disease* yang Menjalani Hemodialisa di RSUP Dr. M Djamil Padang**

**ix + 80 Halaman + 3 Skema + 6 Tabel + 15 Lampiran**

### **ABSTRAK**

*Chronic kidney disease* merupakan suatu gangguan fungsi ginjal secara progresif dan tidak dapat pulih kembali. Prevalensi penderita *chronic kidney disease* di Indonesia sebesar 3,8%. Masalah yang sering terjadi pada pasien yang menjalani hemodialisa adalah masalah psikologis, salah satunya adalah stres. Stres merupakan keadaan yang dihasilkan oleh perubahan lingkungan yang diterima sebagai hal yang menantang, mengancam atau merusak keseimbangan dinamis seseorang. Terdapat faktor yang mempengaruhi stres adalah mekanisme koping, yang mana mekanisme koping setiap individu berbeda. Tujuan penelitian untuk mengetahui hubungan antara mekanisme koping dengan tingkat stres pasien *chronic kidney disease* yang menjalani hemodialisa di RSUP Dr. M Djamil Padang. Metode penelitian menggunakan desain *cross sectional*. Sampel dari penelitian ini 71 responden, diambil dengan teknik *accidental sampling*. Pengumpulan data menggunakan kuisioner DASS 14 dan *Jaloweic Coping Scale*. Hasil penelitian didapatkan responden dengan tingkat stres ringan (32,4%), stres sedang (38,0%) dan stres berat (29,6%) dan lebih dari separoh (52,1%) mekanisme koping destruktif. Data dianalisa dengan menggunakan uji *chi square* diperoleh nilai *p value* = 0,000. Kesimpulan hasil penelitian ini adalah ada hubungan mekanisme koping dengan tingkat stres pasien *chronic kidney disease* yang menjalani hemodialisa di RSUP Dr. M Djamil Padang. Saran bagi pasien yang menjalani hemodialisa agar lebih berusaha memahami masalah yang dihadapi serta bagaimana cara mengatasinya.

**Kata Kunci : *Chronic kidney disease*, hemodialisa, mekanisme koping, stres.  
Daftar bacaan : 38 (2002-2022)**

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*The Relationship between Coping Mechanisms and Stress Levels in Chronic Kidney Disease Patients Undergoing Hemodialysis at Dr. M Djamil Padang*

*ix + 80 Pages + 3 Schematics + 6 Tables + 15 Attachments*

**ABSTRACT**

*Chronic kidney disease is a progressive and irreversible loss of kidney function. The prevalence of chronic kidney disease patients in Indonesia is 3.8%. Problems that often occur in patients undergoing hemodialysis are psychological problems, one of which is stress. Stress is a state produced by changes in the environment that are perceived as challenging, threatening or damaging to a person's dynamic balance. There are factors that influence stress, namely coping mechanisms, where each individual's coping mechanism is different. The aim of this study was to determine the relationship between coping mechanisms and stress levels in chronic kidney disease patients undergoing hemodialysis at Dr. M Djamil Padang. The research method uses a cross sectional design. The sample of this research is 71 respondents, taken by accidental sampling technique. Data collection used the DASS 14 questionnaire and the Jaloweic Coping Scale. The results showed that the respondents had mild stress (32.4%), moderate stress (38.0%) and severe stress (29.6%) and more than half (52.1%) had destructive coping mechanisms. The data were analyzed using the chi square test and obtained a  $p$  value = 0.000. The conclusion of the results of this study is that there is a relationship between coping mechanisms and stress levels in chronic kidney disease patients undergoing hemodialysis at RSUP Dr. M Djamil Padang. Suggestions for patients undergoing hemodialysis to try to understand the problems they face and how to overcome them.*

**Keywords:** *Chronic kidney disease, hemodialysis, coping mechanisms, stress.*

**Reading list :** *38 (2002-2022)*