

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN
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**Skripsi, Maret 2025
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**PENGARUH INTRADIALYTIC EXERCISE TERHADAP TINGKAT
KECEMASAN PADA PASIEN GAGAL GINJAL KRONIK DI
RUANGAN HEMODIALISA RSUD KOTA TANJUNGPINANG**

157 halaman + 10 tabel + 2 skema + 14 lampiran

ABSTRAK

Latar Belakang: Gagal ginjal kronik merupakan kondisi patofisiologis yang dapat timbul karena berbagai etiologi. Pasien hemodialisis dengan gagal ginjal kronik yang mengalami masalah dan kesulitan klinis dapat mempengaruhi tingkat kecemasan, salah satu pengobatan non farmakologi yang dapat diberikan kepada pasien ialah *Intradialytic exercise* karena gerakannya sederhana, tidak mengganggu prosedur hemodialisis, dan bermanfaat dalam mengurangi tingkat kecemasan. **Tujuan Penelitian:** penelitian ini bertujuan untuk mengetahui pengaruh *intradialytic exercise* terhadap tingkat kecemasan pada pasien gagal ginjal kronik di ruangan hemodialisa RSUD Kota Tanjungpinang. **Metode Penelitian:** penelitian ini menggunakan metode penelitian kuantitatif dengan design *quasy eksperimental without control design*, bentuk desain yang digunakan yaitu *pre* dan *post test*. Sampel dalam penelitian ini pasien yang dirawat di RSUD Kota Tanjungpinang berjumlah 30 orang dengan teknik pengambilan sample *random sampling*. Instrumen pengukuran tingkat kecemasan menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HARS). Analisis statistik yang digunakan adalah uji normalitas dengan nilai sig. > 0,005, uji *t paired sample t test* dan uji *independent t test*. **Hasil Penelitian:** Terdapat pengaruh yang signifikan antara rata-rata skor tingkat kecemasan pada saat *pre-test* dan *post-test* pada kelompok intervensi (*intradialytic exercise*) (*mean pre-test* = 24,60 menjadi *mean post-test* = 18,33) dengan nilai *p-value* 0,000. **Kesimpulan:** penelitian ini terdapat pengaruh *intradialytic exercise* terhadap tingkat kecemasan pada pasien gagal ginjal kronik di ruangan hemodialisa RSUD Kota Tanjungpinang.. **Saran:** Saran bagi RSUD Kota Tanjungpinang, terapi *intradialytic exercise* dapat dipertimbangkan sebagai tatalaksana non farmakologi pada pasien gagal ginjal kronik di ruangan Hemodialisa untuk menurunkan tingkat kecemasan.

Kata Kunci: Gagal ginjal kronik, hemodialisa, kecemasan, *intradialytic exercise*

**NURSING SCIENCE STUDY PROGRAM
FACULTY OF HEALTH SCIENCES
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**THE EFFECT OF INTRADIALYTIC EXERCISE ON ANXIETY LEVELS IN
PATIENTS WITH CHRONIC KIDNEY FAILURE IN THE HEMODIALYSIS
ROOM OF RSUD TANJUNGPINANG**

157 pages + 10 tables + 2 schematics + 14 appendices

ABSTRACT

Background: Chronic kidney failure is a pathophysiological condition that can arise due to various etiologies. Hemodialysis patients with chronic kidney failure who experience problems and clinical difficulties can affect anxiety levels, one of the non-pharmacological treatments that can be given to patients is Intradialytic exercise because the movements are simple, do not interfere with the hemodialysis procedure, and are useful in reducing anxiety levels. **Research Objectives:** This study aims to determine the effect of intradialytic exercise on anxiety levels in patients with chronic kidney failure in the hemodialysis room of Tanjungpinang City Hospital. **Research Method:** This study uses a quantitative research method with a quasi-experimental design without control design, the design form used is pre and post test. The sample in this study of patients treated at Tanjungpinang City Hospital amounted to 30 people with random sampling techniques. The anxiety level measurement instrument uses the Hamilton Anxiety Rating Scale (HARS) questionnaire. The statistical analysis used was a normality test with a sig value. > 0.005 , t paired sample t test and independent t test. **Study Results:** There was a significant influence between the average anxiety level score at the pre-test and post-test in the intervention group (intradialytic exercise) (mean pre-test = 24.60 to mean post-test = 18.33) with a p-value of 0.000. **Conclusion:** this study found the effect of intradialytic exercise on anxiety levels in patients with chronic kidney failure in the hemodialysis room of Tanjungpinang City Hospital. **Suggestion:** Suggestion for Tanjungpinang City Hospital, intradialytic exercise therapy can be considered as a non-pharmacological management in patients with chronic kidney failure in the Hemodialysis room to reduce anxiety levels.

Keywords: Chronic kidney failure, hemodialysis, anxiety, intradialytic exercise