

ABSTRAK

Ginjal merupakan organ penting dalam tubuh manusia yang memiliki fungsi utama untuk mengekskresikan sisa metabolisme tubuh seperti ureum, kreatinin dan asam urat. Selain itu, ginjal juga mengatur keseimbangan cairan dalam tubuh, menjaga komposisi darah, menjaga kadar elektrolit agar tetap stabil, serta memproduksi hormon dan enzim yang membantu dalam mengendalikan tekanan darah. Tujuan penelitian ini untuk mengetahui gambaran kadar kalium pada pasien GGK berdasarkan jenis kelamin dan usia.

Metode Penelitian: deskriptif *cross sectional*, untuk mendapatkan data tentang kadar Kalium serum pada pasien penyakit ginjal kronis. Sampel penelitian ini diperoleh dari kadar kalium pada penderita gagal ginjal kronis dengan riwayat hipertensi di RS Haji sebanyak 64 penderita.

Hasil penelitian berdasarkan jenis kelamin didapatkan sebanyak 33 penderita (51,5%) berjenis kelamin laki-laki dan 31 penderita (48,5%) berjenis kelamin perempuan. Berdasarkan kelompok usia didapatkan frekuensi tertinggi terdapat pada kelompok usia 46 – 55 yaitu sebanyak 16 penderita (25%) dan frekuensi terendah pada kelompok usia 18 – 25 yaitu sebanyak 2 penderita (3,1%) dan berdasarkan hasil pemeriksaan didapatkan frekuensi tertinggi hasil kalium terdapat pada nilai tinggi yaitu sebanyak 46 penderita (72%) dan pada nilai normal didapatkan sebanyak 14 penderita (22%) dan nilai rendah terdapat 4 penderita (6%).

Kata kunci : Gagal ginjal kronik (GGK), Kalium, Elektrolit
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Kidney is an important organ in the human body which has the main function to excrete the rest of the body's metabolism such as urea, creatinine and uric acid. In addition, the kidneys also regulate fluid balance in the body, maintain blood composition, keep electrolyte levels stable, and produce hormones and enzymes that help in controlling blood pressure. The purpose of this study was to determine the description of potassium levels in CKD patients based on gender and age.

Research method: descriptive cross sectional, to obtain data on serum potassium levels in patients with chronic kidney disease. The sample of this study was obtained from potassium levels in patients with chronic kidney failure with a history of hypertension in the Haji Hospital as many as 64 patients.

The results of the study based on gender, 33 patients (51.5%) were male and 31 patients (48.5%) were female. Based on the age group, the highest frequency was found in the 46-55 age group, as many as 16 patients (25%) and the lowest frequency in the 18-25 age group, namely 2 patients (3.1%). and based on the results of the examination, the highest frequency of potassium results was found in high values, namely 46 patients (72%) and at normal values obtained as many as 14 patients (22%) and low values, there were 4 patients (6%).

Keywords : chronic renal failure (CKD), potassium, electrolytes
Literature : 8 kep
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