

Nama : Anis Septiana
NIM : 1032232127
Judul : Hubungan *Spiritual Well Being* Dengan Tingkat Kecemasan Pada Pasien Gagal Ginjal Kronis Yang Menjalani Hemodialisis Di Radjak Hospital Cileungsi

ABSTRAK

Latar Belakang: Gagal ginjal kronis merupakan gangguan fungsi ginjal yang berlangsung progresif selama ≥ 3 bulan dan memerlukan terapi hemodialisis. Pasien yang menjalani hemodialisis sering mengalami masalah psikologis, khususnya kecemasan. *Spiritual well being* dipandang sebagai salah satu faktor yang dapat membantu pasien dalam mengelola stres dan menurunkan tingkat kecemasan selama menjalani terapi hemodialisis. Penelitian ini bertujuan untuk mengetahui hubungan *spiritual well being* dengan tingkat kecemasan pada pasien gagal ginjal kronis yang menjalani hemodialisis di Radjak Hospital Cileungsi. **Metode:** Penelitian ini menggunakan metode kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 60 responden yang dipilih menggunakan teknik *total sampling*. Pengumpulan data dilakukan menggunakan kuesioner *Spiritual Well Being Scale* (SWBS) dan *Hamilton Anxiety Rating Scale* (HARS). Analisis data meliputi analisis univariat dan bivariat dengan uji *Spearman Rank*. **Hasil:** Mayoritas responden berusia dewasa 18–59 tahun, berjenis kelamin perempuan, berpendidikan tinggi, dan telah menjalani hemodialisis ≥ 12 bulan. Responden dengan *spiritual well being* rendah cenderung mengalami kecemasan panik (15%), sedangkan *spiritual well being* sedang berkaitan dengan kecemasan sedang hingga berat (26,7%), dan *spiritual well being* tinggi dengan kecemasan rendah (6,7%). Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara *spiritual well being* dengan tingkat kecemasan ($p < 0,05$; $r = -0,625$) dengan keeratan hubungan kuat dan arah negatif. **Kesimpulan:** Terdapat hubungan yang signifikan antara *spiritual well being* dengan tingkat kecemasan pada pasien gagal ginjal kronis yang menjalani hemodialisis. Semakin baik *spiritual well being* pasien, semakin rendah tingkat kecemasan yang dialami.

Kata Kunci : Gagal ginjal kronis, Hemodialisis, *Spiritual well being*, Tingkat kecemasan.

Daftar Pustaka : 50 buah (2019-2025)

Name : Anis Septiana
NIM : 1032232127
Title : *The Relationship between Spiritual Well-Being and Anxiety Levels in Chronic Kidney Failure Patients Undergoing Hemodialysis at Radjak Hospital, Cileungsi*

ABSTRACT

Background: Chronic kidney disease (CKD) is a progressive kidney dysfunction that persists for ≥ 3 months and requires hemodialysis therapy. Patients undergoing hemodialysis often experience psychological problems, particularly anxiety. Spiritual well being is considered a factor that can help patients manage stress and reduce anxiety levels during hemodialysis therapy. **Objective:** To determine the relationship between spiritual well being and anxiety levels in chronic kidney disease (CKD) patients undergoing hemodialysis at Radjak Hospital, Cileungsi. **Methods:** This study used a quantitative method with a cross-sectional approach. The sample consisted of 60 respondents selected using a total sampling technique. Data collection was conducted using the Spiritual Well Being Scale (SWBS) and Hamilton Anxiety Rating Scale (HARS) questionnaires. Data analysis included univariate and bivariate analyses using the Spearman Rank test. **Results:** The majority of respondents were adults aged 18–59, female, highly educated, and had been undergoing hemodialysis for ≥ 12 months. Respondents with low spiritual well being were more likely to experience panic anxiety (15%), while moderate spiritual well being was associated with moderate to severe anxiety (26.7%), and high spiritual well being with low anxiety (6.7%). Statistical tests showed a significant relationship between spiritual well being and anxiety levels ($p < 0.05$; $r = -0.625$), with a strong, negative correlation. **Conclusion:** There is a significant relationship between spiritual well being and anxiety levels in patients with chronic kidney disease undergoing hemodialysis. The better the patient's spiritual well being, the lower the level of anxiety they experience.

Keywords: Chronic kidney disease, Hemodialysis, Spiritual well being, Anxiety level.

Reference: 50 articles (2019-2025)