

SKRIPSI

**HUBUNGAN *SPIRITUAL WELL-BEING* DENGAN
SELF-ACCEPTANCE PASIEN HEMODIALISA
DI SUMATRA BARAT**

Penelitian Keperawatan Medikal Bedah



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Hubungan *Spiritual Well-Being* Dengan *Self-Acceptance* Pada Pasien Hemodialisa
Di Sumatra Barat

ABSTRAK

Hemodialisa merupakan terapi pengganti ginjal yang harus dijalani seumur hidup oleh pasien dengan penyakit ginjal kronis stadium akhir. Proses terapi yang panjang sering menimbulkan tekanan fisik dan psikologis, sehingga pasien membutuhkan kemampuan spiritual dan penerimaan diri yang baik untuk beradaptasi. Penelitian ini bertujuan untuk menganalisis hubungan antara *spiritual well-being* dengan *self-acceptance* pada pasien hemodialisa di Sumatra Barat. Jenis penelitian adalah kuantitatif dengan pendekatan *cross-sectional*. Sampel berjumlah 81 pasien dan dipilih secara *accidental sampling*. Instrument yang digunakan adalah kuesioner *Spiritual Well-Being Scale* (SWBS) untuk mengukur *spiritual well-being* dan *Acceptance of Illness Scale* (AIS) untuk mengukur *self-acceptance*. Hasil analisis bivariat menggunakan uji Spearman menunjukkan adanya hubungan signifikan antara *spiritual well-being* dengan *self-acceptance* ($p=0,001$) dengan korelasi positif sedang ($r=0,522$). Hasil ini menunjukkan bahwa semakin tinggi *spiritual well-being* seorang pasien maka semakin baik pula *self-acceptance* pasien tersebut. Tingkat *spiritual well-being* yang tinggi berhubungan positif dengan *self-acceptance* pasien hemodialisa. Oleh karena itu, pasien diharapkan mampu meningkatkan *spiritual well-being* melalui kagiatan ibadah, doa dan menemukan makna baru dalam kehidupan sehari-hari., serta penguatan dukungan sosial, sehingga dapat membantu dalam proses penerimaan diri dan meningkatkan kualitas hidup secara menyeluruh.

Kata kunci : *Spiritual Well-Being*, *Self-Acceptance*, Hemodialisa
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*The Relationship Between Spiritual Well-Being and Self-Acceptance in
Hemodialysis Patients in West Sumatra*

ABSTRACT

Hemodialysis is a kidney replacement therapy that must be undergone for life by patients with end-stage chronic kidney disease. The long-term treatment process often causes physical and psychological stress, so patients need strong spiritual well-being and self-acceptance to adapt. This study aimed to analyze the relationship between spiritual well-being and self-acceptance among hemodialysis patients in West Sumatra. This research employed a quantitative design with a cross-sectional approach. The sample consisted of 81 patients selected using accidental sampling. The instruments used were the Spiritual Well-Being Scale (SWBS) to measure spiritual well-being and the Acceptance of Illness Scale (AIS) to measure self-acceptance. Bivariate analysis using the Spearman test showed a significant relationship between spiritual well-being and self-acceptance ($p=0.001$) with a moderate positive correlation ($r=0.522$). These results indicate that the higher a patient's spiritual well-being, the better their level of self-acceptance. A high level of spiritual well-being is positively associated with the self-acceptance of hemodialysis patients. Therefore, patients are expected to be able to improve their spiritual well-being through worship activities, prayer and finding new meaning in daily life, as well as strengthening social support, so that it can help in the process of self-acceptance and improve the overall quality of life.

Keywords : Spiritual Well-Being, Self-Acceptance, Hemodialysis

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