

**PENGARUH EDUKASI BERDASARKAN TEORI EFIKASI DIRI
TERHADAP KEPATUHAN PEMBATASAN CAIRAN,
INTERDIALYTIC WEIGHT GAIN, DAN
KUALITAS HIDUP PADA PASIEN
HEMODIALISIS**

TESIS



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**PROGRAM STUDI S2 KEPERAWATAN
KEKHUSUSAN KEPERAWATAN MEDIKAL BEDAH
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**PROGRAM STUDI S2 KEPERAWATAN
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Fermata

Pengaruh Edukasi Berdasarkan Teori Efikasi Diri Terhadap Kepatuhan Pembatasan Cairan, *Interdialytic Weight Gain* Dan Kualitas Hidup Pada Pasien Hemodialisis.

XVI+ 136+ 11 tabel + 4 skema + 18 lampiran

ABSTRAK



Latar belakang: Terapi hemodialisa menyebabkan pasien harus melakukan perawatan rutin, pengaturan diet dan pembatasan cairan. Penatalaksanaan pembatasan cairan yang buruk dapat menyebabkan penambahan berat badan interdialitik tinggi, dan menghasilkan peningkatan mortalitas kardiovaskular, morbiditas, dan penurunan dalam kualitas hidup. Diketahui di rumah sakit telah dilakukan edukasi tentang pembatasan cairan, pemberian edukasi dilakukan dengan metode konvensional, tetapi masih terjadi ketidak patuhan terhadap pembatasan cairan, sehingga diperlukan edukasi berdasarkan teori efikasi diri yang dapat meningkatkan keyakinan diri pasien untuk melakukan manajemen diri. Tujuan penelitian ini untuk mengetahui pengaruh pemberian intervensi edukasi berdasarkan teori efikasi diri terhadap kepatuhan pembatasan cairan, IDWG, dan kualitas hidup pada pasien hemodialisis. **Metode:** Jenis penelitian adalah penelitian kuantitatif desain *One-Group Pretest-Posttest Design*. Jumlah sampel penelitian ini 34 orang dengan metode pengambilan sampel yaitu *probability* menggunakan tehnik *simple random sampling*. **Hasil:** terdapat perbedaan skor kepatuhan pembatasan cairan, IDWG, dan kualitas hidup sesudah diberikan intervensi edukasi berdasarkan teori efikasi diri. **Kesimpulan:** edukasi berdasarkan teori efikasi diri efektif meningkatkan kepatuhan pembatasan asupan cairan, penurunan berat badan interdialitik, dan kualitas hidup

Kata Kunci : Hemodialisis, edukasi , efikasi diri, kualitas hidup, IDWG, pembatasan cairan

Daftar Pustaka : 82 (1997-2019)

**S2 NURSING STUDY PROGRAM
SPECIALY MEDICAL SURGERY
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The Effect Of Education Based On Self-Efficacy Theories On Compliance With Fluid Restriction, Interdialytic Weight Gain, And Quality Of Life In Hemodialysis Patients.

XVI + 136+ 11 tables + 4 schemes + 18 attachments

ABSTRACT

Introduction: Hemodialysis therapy causes patients to have routine maintenance, dietary arrangements, and fluid restrictions. Management of poor fluid restriction can lead to high interdialytic weight gain and results in increased cardiovascular mortality, morbidity, and a decrease in quality of life. It is known in the hospital that education has been carried out about fluid restriction, education is carried out using conventional methods, but there is still non-compliance with fluid restriction, so education is needed based on self-efficacy theory that can increase patient confidence in self-management. The purpose of this study was to determine the effect of providing educational interventions based on self-efficacy theories on compliance with fluid restriction, IDWG, and quality of life in hemodialysis patients. **Method:** this type of research is a quantitative research design One-Group Pretest-Posttest Design. The number of samples in this study was 34 people with a sampling method that is probably using a simple random sampling technique. **Result:** there were differences in scores, fluid restriction adherence, IDWG, and quality of life after being given educational interventions based on self-efficacy theory. **Conclusion:** Education based on self-efficacy theory is effective in increasing adherence to restrictions on fluid intake, interdialytic weight loss, and quality of life .

Keywords: Hemodialysis, education, self-efficacy, quality of life, IDWG, fluid restriction

Bibliography: 82 (1997-2019)

