

**PROGRAM STUDI ILMU KEPERAWATAN
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Luthfina Dewi Silfiyani

Literature Review : Hubungan *Caring* Spiritual dengan Kualitas Hidup Pasien Hemodialisa

xiii + 46 Halaman + 3 Tabel + 4 Lampiran + 3 Skema

Abstrak

Frekuensi pelaksanaan terapi hemodialisis secara rutin berdampak pada perubahan keadaan fungsional tubuh. Dukungan merupakan salah satu faktor yang dapat memengaruhi kualitas hidup seseorang, salah satu dukungan tersebut dapat berasal dari perawat melalui sikap *caring* spiritual. Tujuan penelitian ini untuk mengetahui hubungan antara *caring* spiritual dengan kualitas hidup pasien yang menjalani tindakan hemodialisis. Tinjauan *literature* diperoleh dari database Pubmed dan Google Scholar (2015-2020) dengan kata kunci *Spiritual Care AND Quality of Life AND Patients with Hemodialysis*. Berdasarkan 9 jurnal yang telah dilakukan peninjauan, perilaku *caring* spiritual yang diaplikasikan dalam bentuk intervensi atau terapi spiritual terbukti memberikan dampak positif bagi kualitas hidup pasien yang menjalani hemodialisis. Intervensi spiritual berupa konseling spiritual, latihan relaksasi napas dalam yang berdasarkan unsur spiritual serta terapi yang dikombinasikan dengan unsur doa dan dzikir mampu memberikan *spirit* pasien dalam menghadapi penyakit yang diderita. Secara keseluruhan intervensi spiritual memberikan efek terhadap peningkatan kualitas hidup dengan $p\text{ value} = 0,000 - 0,032$ ($\alpha = 0,05$) dengan hasil berupa peningkatan kualitas hidup dalam aspek fisik, psikologis, hubungan sosial dan lingkungan. Hasil telaah literatur menunjukkan bahwa ada hubungan *caring* spiritual dengan kualitas hidup pasien yang menjalani hemodialisis.

Kata kunci : *Caring* Spiritual, Kualitas Hidup dan Pasien Hemodialisa
Pustaka : 63 (2011 - 2020)

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Luthfina Dewi Silfiyani

Literature Review : Relationship of Spiritual Caring with Quality of Life for Hemodialysis Patients

xiii + 46 Page + 3 Table + 4 Appendix + 3 Scheme

Abstract

The frequency of hemodialysis therapy routinely affected change in the functional state of the body. Support is one of the factors that can affect the quality of life, one of the supports can come from nurses through spiritual caring attitude. The purpose of this study is to determine the relationship between spiritual caring and the quality life of patients who undergoing hemodialysis. Literature review was obtained from Pubmed and Google Scholar databases (2015-2020) with the keywords Spiritual Care AND Quality of Life AND Patients with Hemodialysis. Based on 9 journals that have been reviewed, spiritual caring behavior that was applied in the form of intervention or spiritual therapy had been proven to have a positive impact on the quality life of patients undergoing hemodialysis. Spiritual interventions in the form of spiritual counseling, deep breathing relaxation exercises based on spiritual elements and therapy combined with elements of prayer and dhikr were able to give the spirit of the patient in dealing with the illness. Overall spiritual intervention had an effected on improving the quality of life with p value = 0,000 - 0.032 ($\alpha = 0.05$) with the result of an increase in the quality of life in physical, psychological, social and environmental relations. The results of the literature review show that there is a relationship of spiritual caring with the quality life of patients undergoing hemodialysis.

Keywords : Spiritual Caring, Quality of Life and Hemodialysis Patients

References : 63 (2011 - 2020)