

**RESILIENSI PADA PASIEN GAGAL GINJAL KRONIS  
YANG MENJALANI PERAWATAN HEMODIALISIS  
DI USIA DEWASA MADYA**

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**ABSTRAK**

Kasus Gagal Ginjal Kronis (GGK) mengalami peningkatan jumlah pasien setiap tahunnya. Kondisi pasien membutuhkan bantuan perawatan hemodialisis dan obat-obatan lainnya. Perawatan hemodialisis yang dijalani pasien gagal ginjal kronis memberikan perubahan bagi kehidupannya. Berbagai perubahan fisik, sosial, dan psikologis menjadi keterbatasan sekaligus tantangan dalam hidup. Kondisi yang dihadapi pasien mengakibatkan perubahan peran pada usia dewasa madya sebagai masa perkembangan individu. Penelitian ini merupakan penelitian kualitatif yang bertujuan untuk mengetahui resiliensi pasien gagal ginjal kronis yang menjalani hemodialisis di usia dewasa madya. Desain penelitian ini menggunakan pendekatan fenomenologis dan metode analisis tematik. Partisipan dalam penelitian ini melibatkan tiga pasien gagal ginjal kronis yang menjalani perawatan hemodialisis di usia 40-60 tahun dengan menggunakan wawancara semi-terstruktur. Hasil penelitian menunjukkan proses perjuangan partisipan dengan adanya pemahaman diri terhadap kondisi gagal ginjal kronis dan perawatan hemodialisis; pasien gagal ginjal kronis menghadapi perubahan kondisi atas perawatan hemodialisis yang dijalani; perilaku adaptif terhadap kondisi yang dihadapi; dukungan sosial bagi pasien gagal ginjal kronis sebagai penguatan dalam menjalani perawatan hemodialisis; serta pengungkapan visi dan sikap reflektif pasien gagal ginjal kronis atas kondisi yang dialami.

Kata kunci: Gagal Ginjal Kronis (GGK), hemodialisis, dewasa madya, resiliensi

**RESILIENCE IN PATIENTS WITH CHRONIC KIDNEY DISEASE  
WHO ARE UNDERGOING HEMODIALYSIS TREATMENT  
IN THEIR ADULTHOOD**

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**ABSTRACT**

*Chronic Kidney Disease (CKD) cases are increasing every year. Patients' conditions make them need to undergo hemodialysis treatment and consume drugs. This hemodialysis treatments do some changes in patients' lives. Physical changes, social changes, and psychological changes become chronic kidney disease patients' limit conditions as well as challenges in their daily lives. This condition conduce patients' role change in their adulthood as their individual development. This research was a qualitative research that aims to find out resilience in patients with chronic kidney disease who are undergoing hemodialysis treatment in their adulthood. This research used phenomenological approach and thematic analysis method. There were three participants in this research. Those were three patients with chronic kidney disease who were undergoing hemodialysis treatment at the age of 40-60 years. The researcher conducted semi-structured interview to gather the data. The findings revealed that there was a striving process of the patients with self-understanding of their condition while suffering chronic kidney disease condition and undergoing hemodialysis treatment; these patients encountered change in condition while undergoing hemodialysis treatment; there was adaptive behavior as the result of facing the changed condition; there was social support to the patients as reinforcement while undergoing hemodialysis treatment; these patients expressed their visions and their reflective behavior toward for the conditions experienced.*

Keywords: Chronic Kidney Disease (CKD), hemodialysis, adulthood, resilience.