HUBUNGAN ANTARA *SELF-COMPASSION* DAN *STRESS-RELATED GROWTH* PADA PASIEN PENYAKIT GINJAL KRONIS YANG MENJALANI HEMODIALISIS

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-compassion* dan *stress-related growth* pada pasien penyakit ginjal kronis yang menjalani hemodialisis. Subjek dalam penelitian ini adalah 58 pasien penyakit ginjal kronis baik laki-laki maupun perempuan berusia di atas 18 tahun yang menjalani hemodialisis. Hipotesis penelitian ini adalah ada hubungan yang positif antara *self-compassion* dan *stress-related growth* pada pasien penyakit ginjal kronis yang menjalani hemodialisis. Penelitian ini merupakan penelitian kuantitatif dengan *purposive sampling* sebagai teknik pengambilan sampel. Metode pengumpulan data menggunakan skala Likert. Hasil uji coba skala yang dilakukan menunjukkan koefisien reliabilitas pada skala *self-compassion* sebesar 0,940 dan skala *stress-related growth* sebesar 0,656. Teknik analisis data yang digunakan adalah teknik korelasi *Spearman's rho* karena data terdistribusi tidak normal. Hasil uji korelasi menunjukkan skor koefisien korelasi sebesar 0,546 dan nilai signifikansi sebesar p=0,000. Berdasarkan hasil tersebut, dapat disimpulkan bahwa ada hubungan positif antara *self-compassion* dan *stress-related growth* pada pasien penyakit ginjal kronis yang menjalani hemodialisis.

Kata kunci: pasien penyakit ginjal kronis, hemodialisis, stess-related growth, self-compassion

THE CORRELATION BETWEEN SELF-COMPASSION AND STRESS-RELATED GROWTH IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS

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ABSTRACT

This research aimed to determine the correlation between self-compassion and stress-related growth in chronic kidney disease patients undergoing hemodialysis. The subjects of this study were 58 chronic kidney disease patients above 18 years old undergoing hemodialysis. The hypothesis was that there is a positive correlation between self-compassion and stress-related growth in chronic kidney patients undergoing hemodialysis. This quantitative research used purposive sampling with Likert scale as its data collection tool. Scale tryout was carried out and resulted in the reliability coefficient on the self-compassion scale at 0,940 and the stress-related growth scale at 0,656. Data analysis technique applied for this research was Speanman's rho because it did not normally distributed. The result of correlation test showed coefficient correlation score of 0,546 and significance value of p=0,000. According to the result, it can be concluded that there is a positive and significant relation between self-compassion and stress-related growth in chronic kidney disease patients undergoing hemodialysis.

Keywords: chronic kidney disease, hemodialysis, stress-related growth, self-compassion