



**THE RELATIONSHIP OF INFORMATION GIVING PERIODICALLY
WITH PSYCHOLOGICAL WELL-BEING IN PATIENTS
UNDERGOING HEMODIALYSIS THERAPY
(Study at Islam Jemursari Hospital Surabaya)**

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ABSTRACT	Keywords
<p>Patients have undergone hemodialysis therapy experience changes in their lifestyle such as the body's limited function, dependence on treatment, feelings of fear and worry about uncertainty about death, as well as lifestyle changes that can cause anxiety and emotional instability in patients. The purpose of this study was to determine the relation of information giving periodically with psychological well-being in patients undergoing hemodialysis therapy. This research method was analytic with cross sectional approach. Total population was 120, sample of this research was 92 respondents. Sampling was using simple random sampling, the instrument used was a questionnaire of regular information and psychological well-being questionnaires in patients undergoing hemodialysis therapy. The statistical test used Spearman Rank with significance value α 0,05.</p> <p>The result of the study showed that the information giving was less, that was 43 respondents (47%), while the psychological well-being was 46 respondents (50%). The result of statistical test showed that P value (0,042) $< \alpha$ (0,05) mean there was a relation of information giving periodically with psychological well-being in patients who undergo hemodialysis therapy at RSI Surabaya.</p> <p>The results of the research conducted, there was a relationship of information giving periodically with psychological well-being in patients undergoing hemodialysis therapy. It is expected that nurses can give information periodically to patients undergoing hemodialysis therapy in order to phsychological well-being of patients is high.</p>	<p><i>Information Giving periodically, Psychological Well-Being</i></p>

BACKGROUND

Chronic Kidney Disease is a condition of the loss of kidney function progressively (Bayhakki, 2012). One of the actions that are performed while suffering from Chronic Kidney Disease, namely hemodialisa. In Indonesia an increase in Chronic Kidney Disease patients who underwent therapy hemodialisa of 2148 person in year 2007 to be 2260 people in 2008 (Ulinnuha, 2015). Prevelensi sufferers of Chronic Kidney Disease who undergo therapy hemodialisa based on a survey of hospitals throughout Indonesia (PDPERSI, 2013) approximately 50 people per million inhabitants, to East Java region in the year 2013 (Bustami, 2015).

Known to traffic data of patients undergoing therapy of hemodialisa in the region of the Islamic Hospital Surabaya Jemursari in 2013 amounting to 27%, in 2014 of 45%, in the year 2015 amounting to 88%, so each year who undergo hemodialisa at home Sick of Islam Jemursari Surabaya has increased.

Ideally patients undergoing therapy hemodialisa can receive the conditions himself, not anxious, not limiting activity, and can interact with the surrounding environment. From eliminary studies conducted on 21 Desember hemodialisa unit in the room 2016 accounting for as many as 120 people who undergo therapy hemodialisa. Of the 10 respondents who underwent therapy hemodialisa shows that 3 of the respondents experienced conditions of well being that is being psychologikal and 7 respondents experience the well being of a low psychologikal, on aspects of the purpose of life, acceptance of self, autonomy, personal development, and positive relation with others. Still the high cases of psychologikal well being low in Islamic Jemursari Hospital in Surabaya.

Factors that affect the well being psychologikal on Chronic Kidney Disease patients who underwent therapy hemodialisa according to Ulinnuha (2015), namely gender, culture, according to Andrea (2015) IE socioeconomic status, behaviour, according to Asiyah (2013), namely age, according to Tristiana (2016), namely

religious, according to Maulana (2009), namely knowledge, and according to Caroline (2015) that support information. The impact of patients who experience the condition of psychological well-being low will have stresor so speed the decline of the resistance of the body. When the body's durability decreases the patient's condition will worsen eating (Utami, 2015).

Through the giving of information can increase your knowledge. A good knowledge of positive attitude would cause the looks of one's actions. The length of time the giving of information will affect the influx of information (Maulana, 2009).

RESEARCH METHODOLOGY

The Research Design used is the observational approach Cross Sectional i.e. research conducted by taking a relatively short given time and a certain place. The population in this research is patients undergoing therapy hemodialisa in the region of the Islamic Hospital Surabaya Jemursari.

The large samples used in this study as many as 92 people with sampling method using probability random sampling techniques. Research instrument used was a questionnaire research on statistical analysis obtained with computer devices using Spearman Rank test statistics with the degree of significance of $p < \alpha$ (0.05).

THE RESULT OF STUDY

The research results show there is a relationship of granting information periodically with psychological well-being in patients undergoing therapy hemodialisa. The results of the analysis of the statistical tests by using Spearman Rank can be seen in the table below:

Table 1 results of Test Spearman Rank Granting Information Periodically With Psychological well-being in patients undergoing Therapy Hemodialisa

Pemberian informasi secara berkala	Psychological Well-Being						Total	
	Tinggi		Sedang		Rendah		N	%
	F	%	F	%	F	%		
Baik	0	0	8	8,7	4	4,3	12	13,0
Cukup	1	1,1	17	18,5	19	20,7	37	40,2
Kurang	9	9,8	21	22,8	13	14,1	43	46,7
Total	10	10,9	46	50,0	36	39,1	92	100
Uji Statistik spearman rank								
$\alpha : 0,05$								
$p : 0,042$								

Sumber : Perolehan data primer

Based on the results of the study on table 1 in the get that the giving of information periodically significantly there relationship with psychological well-being.

DISCUSSION

From granting Information Periodically With Psychological well-being in patients undergoing Therapy Hemodialisa

Based on the study results in table 1 in the get that the giving of information periodically significantly no relationship with psychological well-being with the results of the p value $(0.042) < \alpha 0.05$. This suggests that the giving of information periodically improve psychological well-being in patients undergoing therapy hemodialisa.

Reinforced with the theory of Roy (1964) in Hidayat (2007) someone who experienced a change in his condition requires adaptation and good coping mechanism. To improve the mechanisms of informational support can do coping given to individuals or groups in accordance with the problems it faces and is one of the support that can be given to reduce anxiety, anxiety, fear and feel helpless. Informational support in the order of health usually applied in the granting of the information on a regular basis (Maulana, 2009).

To reduce anxiety, anxiety, fear and feeling of helplessness mechanism requires a good coping. There are two mechanisms coping: first the provisioning process coping mechanism in the human unconscious. The process is determined genetically or in General in the view as the automatic process in the body. The second mechanism i.e. coping obtained where the coping obtained through development or experience that he

had learned. The process of one's coping i.e. system knowledge and emotion perception and information processing namely, learning, reasoning, and emotion (Hidayat, 2007).

Coping mechanism which is not good in patients undergoing hemodialisa therapy will lead to psychological well-being are low, so that patients undergoing therapy hemodialisa need support as a aims to improve her coping system. The lack of information or knowledge to disease suffered often causes anxiety, anxiety, fear and feeling of helplessness. Giving of information expected to reduce even eliminate restless, anxious, scared and feel powerless because it has a guarantee of certainty. Granting the information can increase your knowledge. A good knowledge of positive attitude would cause the looks of one's actions. The length of time the giving of information will affect the influx of information (Maulana, 2009).

The purpose of the application model adaptation by Roy by maintaining adaptive behavior maladaptive behavior and change in the community. The form of the nursing service effort can be done to improve the health of communities by providing interventions that maintain adaptive behaviour. Other activities that can be done can be a stressor existing presses efforts in communities to improve the mechanisms of adaptation (Hidayat, 2007).

Granting of the information on a regular basis really help patients undergoing therapy to improve the hemodialisa of his knowledge, as knowledge increases, it will give rise to psychological well-being are higher in patients. Patients undergoing therapy hemodialisa need information on a regular basis which includes information about his condition and his knowledge of the diet (Bustami, 2015).

Patients undergoing therapy hemodialisa that gets the attention of nurses may give rise to a feeling of comfort in patients, raising mechanism coping patients. Comfortable feelings arise in patients undergoing therapy hemodialisa due to the support and motivation of nurses. It is this condition prevents the appearance of stress,

depression, and reduces anxiety in patients undergoing therapy hemodialisa ultimately psychological well-being in patients (Hapsari, 2013).

CONCLUSION

1. The giving of information periodically on patients undergoing therapy at the Islamic Hospital hemodialisa Jemursari Surabaya, almost half in the category less i.e. 43 (47%) of the respondents.
2. Psychological well-being in patients undergoing therapy at the Islamic Hospital hemodialisa Jemursari Surabaya, half of it in the category of medium IE 46 (50%) of the respondents and nearly half of it in the low category i.e. 36 (39%) of the respondents.
3. There is a connection the granting of information periodically with psychological well-being in patients undergoing therapy at the Islamic Hospital hemodialisa Jemursari city of Surabaya.

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