

**PENGARUH *INTRADIALYTIC EXERCISE* TERHADAP *FATIGUE*,
KADAR HEMOGLOBIN DAN TEKANAN DARAH PASIEN
HEMODIALISA DI RSUP Dr. SOERADJI TIRTONEGORO KLATEN**

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Abstrak

Intradialytic exercise merupakan latihan yang dilakukan pada saat menjalani hemodialisis. *Intradialytic exercise* selama dialisis mampu mengurangi keluhan komplikasi selama hemodialisis. Penelitian ini bertujuan untuk mengetahui pengaruh *intradialytic exercise* terhadap *fatigue*, kadar hemoglobin dan tekanan darah pada pasien hemodialisis. Penelitian ini menggunakan metode *quasi eksperiment* dengan pendekatan *pre-post test design with control*. Penelitian dilakukan di RSUP Dr. Soeradji Tirtonegoro Klaten. Sampel diambil dengan *purposive sampling* berjumlah 32 responden yang memenuhi kriteria inklusi. Responden terbagi menjadi 16 responden kelompok intervensi dan 16 responden kelompok kontrol. Kelompok intervensi mendapatkan *intradialytic exercise*. Pengambilan data dilakukan setelah lolos uji etik. Hasil penelitian menunjukkan ada pengaruh *intradialytic exercise* terhadap *fatigue* pada kelompok intervensi p value 0,000, ada pengaruh *intradialytic exercise* terhadap kadar hemoglobin pada kelompok intervensi dengan p value 0,028, ada pengaruh *intradialytic exercise* terhadap tekanan darah sistole pada kelompok intervensi dengan p value 0,000, dan ada pengaruh *intradialytic exercise* terhadap tekanan darah diastole pada kelompok intervensi dengan p value 0,000. Kesimpulan penelitian ini ada pengaruh *intradialytic exercise* terhadap *fatigue*, kadar hemoglobin dan tekanan darah pada pasien hemodialisis.

Kata kunci : *fatigue*, kadar hemoglobin, tekanan darah, *intradialytic exercise*

*EFFECT OF INTRADIALYTIC EXERCISE ON FATIGUE, HEMOGLOBIN
LEVELS AND BLOOD PRESSURE PATIENTS HEMODIALISA
IN RSUP Dr. SOERADJI TIRTONEGORO KLATEN*

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Abstract

Intradialytic exercise is an exercise performed during hemodialysis. Intradialytic exercise during dialysis can reduce complications during hemodialysis. This study aimed to determine the effect of intradialytic exercise during hemodialysis on fatigue, hemoglobin levels and blood pressure in hemodialysis patients. This study was quasi experimental methods with pre-post test design with control approach and was conducted at Dr. Soeradji Tirtonegoro Klaten Hospital. Samples were taken by purposive sampling with the by the number of respondents 32 people with inclusion criteria. Respondents were divided into 16 respondents intervention and 16 respondent control groups. The intervention groups receive intradialytic exercise. Data were collected after be allowed by ethical test. Result showed that there was influence of intradialytic exercise to fatigue in intervention group p value 0,000, there was influence of intradialytic exercise to hemoglobin level in intervention group with p value 0.028, there was influence of intradialytic exercise to sistole blood pressure in intervention group, there was influence of intradialytic exercise to blood pressure systole in the intervention group with p value 0.000, and there was an effect of intradialytic exercise on diastolic blood pressure in the intervention group with p value 0,000. Conclusion of this study there was effect of intradialytic exercise on fatigue, hemoglobin level and blood pressure in hemodialysis patients.

Keywords: fatigue, hemoglobin level, blood pressure, intradialytic exercise