

**HUBUNGAN AKTIVITAS FISIK DAN TINGKAT STRES DENGAN NILAI
INTERDIALYTIC WEIGHT GAIN (IDWG) PADA PASIEN GAGAL
GINJAL KRONIS YANG MENJALANI HEMODIALISA
DI RSUD SULTAN IMANUDDIN
PANGKALAN BUN**



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**PROGRAM STUDI SARJANA KEPERAWATAN
SEKOLAH TINGGI ILMU KESEHATAN
BORNEO CENDEKIA MEDIKA
PANGKALAN BUN
TAHUN 2025**

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Skripsi

**Diajukan dalam rangka memenuhi persyaratan menyelesaikan Studi
Program Sarjana Keperawatan**



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ABSTRAK

HUBUNGAN AKTIVITAS FISIK DAN TINGKAT STRES DENGAN NILAI *INTERDIALYTIC WEIGHT GAIN* (IDWG) PADA PASIEN GAGAL GINJAL KRONIS YANG MENJALANI HEMODIALISA DI RSUD SULTAN IMANUDDIN PANGKALAN BUN

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Latar belakang: Perkembangan zaman memicu peningkatan gagal ginjal kronik (GGK), yang sering memerlukan hemodialisis. Terapi ini dapat menimbulkan komplikasi seperti peningkatan *Interdialytic Weight Gain* (IDWG), stres, dan penurunan aktivitas fisik. IDWG berlebih berisiko menyebabkan hipertensi dan gangguan jantung. Aktivitas fisik membantu keseimbangan cairan, sedangkan stres memicu asupan cairan berlebih secara tidak sadar.

Tujuan Penelitian: Mengetahui Hubungan Aktivitas Fisik Dan Tingkat Stres Dengan Nilai *Interdialytic Weight Gain* (IDWG) Pada Pasien Gagal Ginjal Kronis Yang Menjalani Hemodialisa Di RSUD Sultan Imanuddin Pangkalan Bun.

Metode Penelitian: Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional. Teknik *Purposive Sampling*, sampel pada penelitian ini berjumlah 63 responden. Instrumen penelitian ini menggunakan kuesioner IPAQ (*International Physical Activity Questionnaire*) dan PSS-10 (*Perceived Stress Scale*).

Hasil: Hampir setengahnya dari responden memiliki aktivitas fisik ringan (41%) dan hampir seluruhnya dari responden memiliki tingkat stres sedang (97%). Mayoritas IDWG berada pada kategori ringan (42%). Hasil uji Spearman menunjukkan nilai ($p=0,257$), tidak terdapat hubungan signifikan antara aktivitas fisik dengan *Interdialytic Weight Gain* (IDWG), Hasil uji Spearman menunjukkan nilai ($p=0,151$), tidak terdapat hubungan signifikan antara tingkat stres dengan *Interdialytic Weight Gain* (IDWG).

Kesimpulan: Tidak ada Hubungan Aktivitas Fisik Dan Tingkat Stres Dengan Nilai *Interdialytic Weight Gain* (IDWG) Pada Pasien Gagal Ginjal Kronis Yang Menjalani Hemodialisa.

Kata Kunci: Gagal Ginjal Kronik, Hemodialisa, Aktivitas Fisik, Tingkat Stres, *Interdialytic Weight Gain* (IDWG).

ABSTRACT

**THE CORRELATION PHYSICAL ACTIVITY AND STRESS LEVELS WITH
INTERDIALYTIC WEIGHT GAIN (IDWG) IN CHRONIC KIDNEY DISEASE
PATIENTS UNDERGOING HEMODIALYSIS AT SULTAN IMANUDDIN
REGIONAL HOSPITAL, PANGKALAN BUN**

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Background: Lifestyle changes due to modernization have increased the prevalence of chronic kidney disease (CKD), often requiring hemodialysis. This therapy may lead to complications such as elevated Interdialytic Weight Gain (IDWG), stress, and reduced physical activity. Excessive IDWG poses risks of hypertension and cardiac disorders. Adequate physical activity supports fluid balance, while stress may unconsciously increase fluid intake.

Objective: This study aims to determine the relationship between physical activity and stress levels with Interdialytic Weight Gain (IDWG) in patients with chronic kidney disease undergoing hemodialysis at Sultan Imanuddin Regional Hospital, Pangkalan Bun.

Research Metode: This study employed a quantitative approach with a cross-sectional design. The sampling technique used was purposive sampling, involving a total of 63 respondents. Data were collected using the International Physical Activity Questionnaire (IPAQ) and the Perceived Stress Scale-10 (PSS-10) as research instruments.

Results: Nearly half of the participants were classified as having low levels of physical activity (41%), while the vast majority experienced moderate stress levels (97%). Most respondents had Interdialytic Weight Gain (IDWG) within the mild category (42%). The results of the Spearman correlation test indicated no statistically significant association between physical activity and IDWG ($p = 0.257$). Similarly, no significant relationship was found between stress levels and IDWG ($p = 0.151$).

Conclusion: There is no significant relationship between physical activity and stress levels with Interdialytic Weight Gain (IDWG) in chronic kidney disease patients undergoing hemodialysis.

Keywords: Chronic Renal Failure, Haemodialysis, Physical Activity, Stress Level, Interdialytic Weight Gain (IDWG).

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