

ABSTRAK

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PENGARUH RELAKSASI BENSON TERHADAP KUALITAS TIDUR PADA PASIEN *CHRONIC KIDNEY DISEASE* YANG MENJALANI HEMODIALISIS DI RSUD IBNU SINA GRESIK

xvi + 79 halaman + 17 tabel + 20 lampiran

Chronic Kidney Disease (CKD) ialah penyakit kronis yang prevalensinya bertambah tiap tahun. Penderita CKD yang menempuh hemodialisis kerap hadapi kendala tidur akibat pergantian fisiologis, tekanan pikiran psikologis, serta dampak proses dialisis yang kesekian. Kendala tidur yang tidak ditangani bisa merendahkan mutu hidup. Salah satu intervensi nonfarmakologis yang bisa tingkatkan mutu tidur merupakan relaksasi Benson, ialah metode yang mencampurkan respirasi dalam, kepercayaan positif, serta ketenangan batin. Riset ini bertujuan menganalisis efektivitas penerapan teknik Relaksasi Benson terhadap mutu tidur pada penderita CKD yang menempuh hemodialisis di RSUD Ibnu Sina Gresik.

Penelitian menggunakan pendekatan pra-eksperimental dengan desain *one-group pretest-posttest*. Ilustrasi berjumlah 34 penderita diseleksi dengan metode purposive sampling cocok kriteria inklusi. Intervensi dicoba sepanjang 4 pekan, 2 kali per pekan. Pengukuran kualitas tidur dilakukan menggunakan instrumen *Pittsburgh Sleep Quality Index* (PSQI), kemudian data dianalisis secara statistik menggunakan uji McNemar dengan tingkat signifikansi $\alpha = 0,05$.

Hasil menampilkan saat sebelum intervensi segala penderita mempunyai mutu tidur kurang baik, serta sehabis relaksasi Benson sebagian besar hadapi kenaikan jadi jenis tidur baik. Analisis uji McNemar menunjukkan nilai $p < 0,001$, yang mengindikasikan adanya pengaruh signifikan dari penerapan Relaksasi Benson terhadap kualitas tidur pasien penyakit ginjal kronik.

Relaksasi Benson efisien selaku intervensi nonfarmakologis buat tingkatkan mutu tidur serta bisa diterapkan secara teratur dalam aplikasi keperawatan.

Kata kunci: *Chronic Kidney Disease*, Hemodialisis, Relaksasi Benson, Kualitas Tidur

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ABSTRACT

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THE EFFECT OF BENSON RELAXATION ON SLEEP QUALITY AMONG PATIENTS WITH CHRONIC KIDNEY DISEASE UNDERGOING HEMODIALYSIS AT RSUD IBNU SINA GRESIK

xvi + 79 pages + 17 tabels + 20 Appendices

Chronic Kidney Disease (CKD) represents a long-term health condition whose prevalence continues to rise annually. Patients undergoing hemodialysis often experience sleep disturbances resulting from physiological changes, psychological burden, and the cumulative effects of repetitive dialysis procedures. If left unaddressed, impaired sleep may adversely affect overall quality of life. Among various non-pharmacological strategies, the Benson relaxation technique has been recognized as an effective approach to improving sleep quality, integrating controlled deep breathing, positive cognitive focus, and the induction of a calm internal state.

This study employed a quantitative approach to examine the effect of Benson relaxation on sleep quality among patients with chronic kidney disease undergoing hemodialysis at Ibnu Sina Regional Hospital, Gresik. A pre-experimental design with a one-group pretest–posttest framework was applied. Thirty-four participants were selected using purposive sampling based on predefined inclusion criteria. The intervention was administered twice weekly over a four-week period. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), and the collected data were statistically analyzed using the McNemar test with a significance level of $\alpha = 0.05$.

The findings indicated that prior to the intervention, all participants exhibited poor sleep quality. Following the implementation of Benson relaxation, the majority demonstrated improvement, achieving a good level of sleep quality. The McNemar analysis yielded a p -value < 0.001 , indicating a statistically significant effect of Benson relaxation on the sleep quality of patients with chronic kidney disease.

Benson relaxation therapy can therefore be considered an effective non-pharmacological nursing intervention for enhancing sleep quality and may be integrated into routine nursing care for patients undergoing hemodialysis.

Keywords: Chronic Kidney Disease, Hemodialysis, Benson Relaxation, Sleep Quality

References: 69 journals, 14 books (2013-2024)