

Efektifitas konseling analisis transaksional tentang diet cairan terhadap penurunan Interdialytic Weight Gain (IDWG) pada pasien gagal ginjal kronis yang menjalani hemodialisa di Rumah Sakit Umum Daerah Kardinah = The Effectiveness of transactional analysis counseling about Liquid Diet towards the reduction of Interdialytic Weight Gain in patients with chronic renal failure who were undergoing hemodialysis in Kardinah Hospital

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Abstrak

Konseling analisis transaksional merupakan bentuk konseling yang dapat diterapkan untuk mengatasi kenaikan interdialytic weight gain pada pasien chronic kidney disease. Tujuan dari penelitian ini adalah untuk mengetahui efektifitas konseling analisis transaksional tentang pembatasan cairan terhadap penurunan interdialytic weight gain pada pasien chronic kidney disease yang menjalani hemodialisa. Penelitian ini menggunakan desain quasi experiment dengan pendekatan pretest-posttest control group. Responden penelitian ini sebanyak 24 responden. Analisis bivariat dan univariat menggunakan uji statistik t-test dan annova. Hasil penelitian menunjukkan bahwa konseling analisis transaksional berpengaruh terhadap penurunan interdialytic weight gain dengan nilai  $p=0,0003$ . Perawat disarankan menerapkan konseling analisis transaksional ini guna mengantisipasi peningkatan interdialytic weight gain yang berlebihan.

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Transactional analysis counseling is a tipe of counseling that can be applied to addres of interdialytic weight gain in patients with chronic kidney disease. The goal of this research was to determine the effectiveness of transactional analysis counseling on a fluid restriction interdialytic weight gain in patients with chronic kidney disease undergoing hemodialysis. This study used a quasi experiment design approach to pretest-posttest control group. The respondents of this study were 24 patients. Univariate and bivariate analyzes were using the statistical of test t-test and ANNOVA. The study conclude that transactional analysis counseling effects the in reducting of interdialytic weight gain with  $p = 0.0003$ . Therefore, nurses are advised to apply transactional analysis counseling to anticipate interdialytic weight gain.