

# Pengaruh breathing exercise dan range of motion (ROM) exercise terhadap penurunan level fatigue intradialisis di unit hemodialisis RSUD DR. Adjidarmo Banten = The effect of breathing exercise and range of motion rom exercise on the decrease of fatigue level intradialysis in hemodialysis unit at DR Adjidarmo Hospital Banten

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## Abstrak

Fatigue adalah masalah yang paling dominan berpengaruh pada quality of life pasien dengan hemodialisis. Penelitian ini bertujuan untuk mengetahui pengaruh breathing exercise dan ROM exercise terhadap penurunan level fatigue intradialisis di Unit Hemodialisis RSUD. Dr. Adjidarmo Banten. Desain penelitian yang digunakan adalah Pra-Eksperimental Design dengan rancangan One Group Pretest Posttest dengan jumlah sampel 28 responden, alat ukur yang digunakan Fatigue Severity Scale FSS.

Hasil penelitian menunjukkan adanya hubungan yang signifikan antara breathing exercise dan ROM exercise terhadap penurunan level fatigue intradialisis p value < 0,05 . Penelitian ini juga menunjukkan adanya hubungan yang signifikan antara variabel confounding yaitu usia, pendidikan dan lama menjalani hemodialisis terhadap fatigue intradialisis. Sedangkan antara variabel confounding yaitu jenis kelamin dan pekerjaan tidak ada hubungan dengan fatigue intradialisis. Sehingga breathing exercise dan ROM exercise dapat dijadikan salah satu alternatif intervensi keperawatan dalam menurunkan level fatigue intradialisis.

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Fatigue has dominant effect in the quality of life of hemodialysis patient. This study purposes to know the effect of breathing exercise and ROM exercise to the decrease of Intradialysis Level Fatigue in Hemodialysis Unit at Dr. Adjidarmo HOSPITAL Banten. The design of this study was the Pre Experimental Design with One Group Pretest Posttest method involving the number of samples of 28 respondents, the measurement tool used was the Fatigue Severity Scale FSS.

The result of this study showed that there was a significant effect between breathing exercise and ROM exercise towards the decrease of fatigue level intradialysis p value 0,05 . The result of this study showed that there was a significant effect between the confounding variables age, education background and the length of having haemodialysis towards intradialysis fatigue. While between the confounding variables, they were gender and occupation, there was no significant effect towards intradialysis fatigue. So that the breathing exercise and ROM exercise can be used as one of the nursing intervention alternatives in reducing the level of intradialysis fatigue.