

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Penelitian, Juli 2026

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**Pengaruh Terapi Otot Progresif Terhadap Tingkat Kelelahan Pada Pasien
Hemodialisa Di Rumah Sakit Tandun Pt Nusa Lima Medika**

Xiv + 50 Halaman +6 Tabel+2 Skema+1 Gambar + 10 Lampiran

ABSTRAK

Gagal ginjal kronik merupakan penyakit yang menyebabkan penurunan fungsi ginjal sehingga pasien memerlukan terapi hemodialisa. Salah satu keluhan yang sering dialami pasien hemodialisa adalah kelelahan (*fatigue*) yang dapat mengganggu aktivitas dan kualitas hidup. Penelitian sebelumnya menunjukkan terapi otot progresif dapat menurunkan kelelahan, namun penerapannya pada pasien hemodialisa di RS Tandun PT Nusa Lima Medika masih terbatas. Penelitian ini bertujuan mengetahui pengaruh terapi otot progresif terhadap tingkat kelelahan pasien hemodialisa. Penelitian menggunakan desain quasi experiment dengan *pendekatan one group pre-test and post-test without control*. Sampel berjumlah 15 responden dengan teknik purposive sampling. Instrumen menggunakan *FACIT-Fatigue Scale* dan analisis menggunakan *Paired Sample t-Test*. Sebelum intervensi, 9 responden (60%) mengalami kelelahan sedang, 5 responden (33,3%) ringan, dan 1 responden (6,7%) berat. Setelah intervensi, seluruh responden (100%) berada pada kategori ringan. Rerata skor meningkat dari 27,87 menjadi 43,40 dengan selisih 15,53 dan $p < 0,001$. Peneliti berasumsi terapi otot progresif menurunkan ketegangan otot dan meningkatkan kenyamanan sehingga kelelahan berkurang. Penelitian selanjutnya disarankan menggunakan sampel lebih besar, kelompok kontrol, dan waktu intervensi lebih panjang.

Kata kunci: *Terapi Otot Progresif, Hemodialisa, Kelelahan.*

Daftar Pustaka: 30 (2021–2026).

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**The Effect of Progressive Muscle Relaxation Therapy on Fatigue
Levels Among Hemodialysis Patients at Tandun Hospital, PT Nusa
Lima Medika**

xiv + 50 Pages + 6 Tables + 2 Diagrams + 1 Figure + 10 Appendices

ABSTRACT

Chronic kidney disease (CKD) is a condition that causes a progressive decline in kidney function, requiring patients to undergo hemodialysis therapy. One of the most common complaints experienced by hemodialysis patients is fatigue, which can interfere with daily activities and quality of life. Previous studies have shown that progressive muscle therapy can reduce fatigue; however, its application among hemodialysis patients at RS Tandun PT Nusa Lima Medika remains limited. This study aimed to determine the effect of progressive muscle therapy on fatigue levels in hemodialysis patients. The study used a quasi-experimental design with a one-group pre-test and post-test without a control group approach. The sample consisted of 15 respondents selected using purposive sampling. The instrument used was the FACIT-Fatigue Scale, and data were analyzed using the Paired Sample t-Test. Before the intervention, 9 respondents (60%) experienced moderate fatigue, 5 respondents (33.3%) experienced mild fatigue, and 1 respondent (6.7%) experienced severe fatigue. After the intervention, all respondents (100%) were categorized as having mild fatigue. The mean score increased from 27.87 to 43.40, with a mean difference of 15.53 and a p-value of <0.001. The researchers assume that progressive muscle therapy reduces muscle tension and increases comfort, thereby reducing fatigue. Future studies are recommended to use larger sample sizes, a control group, and a longer intervention period.

Keywords: *Progressive Muscle Relaxation, Hemodialysis, Fatigue.*

References: 30 (2021–2026).