

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

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Pengaruh *Intradialytic Exercise* Terhadap *Fatigue* Pada Pasien Gagal Ginjal Kronik yang Menjalani Hemodialisa di RSUD Arifin Achmad Provinsi Riau

xvi + 58 Halaman + 6 Tabel + 2 Gambar + 8 Lampiran

ABSTRAK

Fatigue merupakan keluhan yang paling sering dialami oleh pasien gagal ginjal kronik yang menjalani hemodialisa dan dapat menurunkan kualitas hidup serta aktivitas sehari-hari. Salah satu intervensi non-farmakologis yang terbukti efektif dalam mengurangi fatigue adalah *intradialytic exercise*. Penelitian ini bertujuan untuk mengetahui pengaruh *intradialytic exercise* terhadap tingkat fatigue pada pasien gagal ginjal kronik yang menjalani hemodialisa di RSUD Arifin Achmad Provinsi Riau. Penelitian ini menggunakan desain *Quasy experiment* dengan 17 responden yang dipilih menggunakan *purposive sampling* dengan kriteria inklusi dan eksklusi. Pengukuran tingkat fatigue dilakukan sebelum dan sesudah intervensi menggunakan kuesioner dan data di analisis menggunakan *uji-t*. Mayoritas responden berjenis kelamin laki-laki (70,6%) dan berada dalam kategori usia lanjut. Sebelum intervensi, 47,1% responden mengalami fatigue ringan dan 47,1% fatigue sedang. Setelah intervensi, seluruh responden (100%) menunjukkan penurunan tingkat fatigue. Hasil uji statistik menunjukkan $p\text{-value} = 0,00$ ($p < 0,05$) yang menandakan terdapat perbedaan signifikan sebelum dan sesudah intervensi. *Intradialytic exercise* efektif dalam menurunkan tingkat fatigue pada pasien gagal ginjal kronik yang menjalani hemodialisa, dan direkomendasikan sebagai intervensi keperawatan tambahan dalam praktik klinis.

Kata kunci: Fatigue, gagal ginjal kronik, hemodialisa, *Intradialytic exercise*
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***The Effect of Intradialytic Exercise on Fatigue in Chronic Kidney Disease
Patients Undergoing Hemodialysis at Arifin Achmad Regional Hospital, Riau
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xvi + 58 Pages + 6 Tables + 2 Figures + 8 Appendices

ABSTRACT

Fatigue is the most common complaint experienced by patients with chronic kidney disease (CKD) undergoing hemodialysis and has a significant impact on quality of life and daily activities. One of the non-pharmacological interventions proven to be effective in reducing fatigue is intradialytic exercise. This study aimed to determine the effect of intradialytic exercise on fatigue levels among CKD patients undergoing hemodialysis at Arifin Achmad Regional General Hospital, Riau Province. This research employed a quasi-experimental design with a total of 17 respondents selected through purposive sampling based on inclusion and exclusion criteria. Fatigue levels were measured before and after the intervention using a standardized questionnaire, and the data were analyzed using a paired t-test. The majority of respondents were male (70.6%) and within the elderly age category. Prior to the intervention, 47.1% of respondents experienced mild fatigue and 47.1% moderate fatigue. After the intervention, all respondents (100%) demonstrated a decrease in fatigue levels. Statistical analysis revealed a p-value of 0.00 ($p < 0.05$), indicating a significant difference in fatigue levels before and after intradialytic exercise. The findings conclude that intradialytic exercise is effective in reducing fatigue among CKD patients undergoing hemodialysis. Therefore, intradialytic exercise is recommended as an additional nursing intervention in clinical practice to improve patient well-being and enhance their daily functioning.

Keywords: Fatigue, chronic kidney disease, hemodialysis, intradialytic exercise
References: 26 (2020–2024)