

DAFTAR PUSTAKA

1. Baradero M, MW Dayrit. Klien gangguan ginjal. In: Wahyuning EM, editor. Jakarta: ECG; 2008.
2. Smeltzer & Bare. Keperawatan Medical Bedah volume 2. Jakarta: ECG; 2008.
3. Johansen KL, Chertow GM, Gilbertson DT, Ishani A, Israni A, Ku E, et al. US Renal Data System 2022 Annual Data Report: Epidemiology of Kidney Disease in the United States. *Am J Kidney Dis* [Internet]. 2023;81(3):A8–11. Available from: <https://doi.org/10.1053/j.ajkd.2025.02.602>
4. Kementerian Kesehatan RI Badan Penelitian dan Pengembangan. Hasil Utama Riset Kesehatan Dasar. Kementerian Kesehatan Republik Indonesia [Internet]. 2018;1–100. Available from: <http://www.depkes.go.id/resources/download/info-terkini/hasil-risikesdas-2018.pdf>
5. PERNEFRI. 11th Report Of Indonesian Renal Registry 2018. Irr [Internet]. 2018;1–46. Available from: <https://www.indonesianrenalregistry.org/data/IRR 2018.pdf>
6. Kesehatan K. Survei Kesehatan Indonesia (SKI). Kementerian Kesehatan RI. 2023. 1–68 p.
7. Ricci Z, Romagnoli S, Ronco C. Renal Replacement Therapy. Vol. 5, F1000Research. Faculty of 1000 Ltd; 2016.
8. Depkes RI. Pedoman Pelayanan Hemodialisis di Sarana Pelayanan Kesehatan. DirDepkes RI (2008) Pedoman Pelayanan Hemodialisis di Sarana Pelayanan Kesehatan Direktorat Bina Pelayanan Med Spes Direktorat Jenderal Bina Pelayanan Med Dep Kesehat Republik Indones 8–9 <https://www.pernefri.org/konsensus/PEDO> [Internet]. 2008;8–9. Available from: <https://www.pernefri.org/konsensus/PEDOMAN Pelayanan HD.pdf>
9. Sataloff RT, Johns MM, Kost KM. Medical-Surgical Nursing Patient-

Centered Collaborative Care.

10. Mayuda A, Chasani S, Saktini F. Hubungan Antara Lama Hemodialisis Dengan Kualitas Hidup Pasien Penyakit Ginjal Kronik (Studi Di Rsup Dr.Kariadi Semarang). *J Kedokt Diponegoro*. 2017;6(2):167–76.
11. Novitasari ACDD. Kepatuhan Pembatasan Asupan Cairan Terhadap Lama Menjalani. *J Prodi Keperawatan Univ Aisyiyah Yogyakarta*. 2014;104–12.
12. Brunner & Suddarth. *Buku Ajar Keperawatan Medikal Bedah*. In: 8th ed. Jakarta: ECG; 2013.
13. García-Martínez P, Ballester-Arnal R, Gandhi-Morar K, Temprado-Albalat MD, Collado-Boira E, Saus-Ortega C, et al. Factors Associated with Resilience during Long-Term Hemodialysis. *Nurs Res*. 2023;72(1):58–65.
14. Nesa N, Arash A, Sepideh P, Elham B, Sima SH. Resilience and therapeutic regimen compliance in patients undergoing hemodialysis in hospitals of Hamedan, Iran Nesa. *Electron Physician [Internet]*. 2018;9(January):3592–7. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6033136/pdf/epj-10-6853.pdf>
15. Siregar MR, Siregar CT. Resiliensi Pasien Yang Mengalami Penyakit Kronis di RSUP H. Adam Malik Medan. *Talent Conf Ser Trop Med*. 2018;1(1):67–74.
16. Alikari V, Tsironi M, Matziou V, Tzavella F, Stathoulis J, Babatsikou F, et al. The impact of education on knowledge, adherence and quality of life among patients on haemodialysis. *Qual Life Res [Internet]*. 2019;28(1):73–83. Available from: <http://dx.doi.org/10.1007/s11136-018-1989-y>
17. Duran S, Avci D, Esim F. Association Between Spiritual Well - Being and Resilience Among Turkish Hemodialysis Patients. *J Relig Health [Internet]*. 2020;59(6):3097–109. Available from: <https://doi.org/10.1007/s10943-020-01000-z>
18. García-Martínez P, Ballester-Arnal R, Gandhi-Morar K, Castro-Calvo J, Gea-Caballero V, Juárez-Vela R, et al. Perceived stress in relation to quality of life and resilience in patients with advanced chronic kidney disease

- undergoing hemodialysis. *Int J Environ Res Public Health*. 2021;18(2):1–10.
19. González-Flores CJ, García-García G, Lerma A, Pérez-Grovas H, Meda-Lara RM, Guzmán-Saldaña RME, et al. Resilience: a protective factor from depression and anxiety in mexican dialysis patients. *Int J Environ Res Public Health*. 2021;18(22).
 20. Pane J, Saragih IS. the Relationship of Resilience and Quality of Life Patient With Chronic Kidney Disease Who Undergoing Haemodialysis in Rasyda Kidney Hospital Medan. *J Nurs Sci Updat*. 2020;8(1):10–4.
 21. Istiqomah N, Hadjam MNR, Yuniarti KW, Paramastri I, Thaha M. Peran Resiliensi, Positive Social Relationships, dan Health Belief terhadap Kesejahteraan Emosi Pasien Hemodialisis. *Pers J Ilmu Psikol*. 2022;13(1):56–77.
 22. Tajbakhsh R, Haddadi S, Mohammadi SZ. Comparison of the Effect of " Acceptance and Commitment Therapy " and " Metacognitive Therapy " on the resilience of Women Undergoing Comparison of the Effect of " Acceptance and Commitment Therapy " and " Metacognitive Therapy " on the resilience of Wome. 2023;(July).
 23. Aplizuddin AFH, Hermayetty, Hermayetty, Ulfiana E. Relationship between social support and resilience with stress levels of family caregivers hemodialysis patients in Surabaya, Indonesia. *J Keperawatan Med Bedah dan Krit*. 2020;9(2):8.
 24. González-Flores CJ, Garcia-Garcia G, Lerma C, Guzmán-Saldaña RME, Lerma A. Effect of Cognitive Behavioral Intervention Combined with the Resilience Model to Decrease Depression and Anxiety Symptoms and Increase the Quality of Life in ESRD Patients Treated with Hemodialysis. *Int J Environ Res Public Health*. 2023;20(11).
 25. Eisendrath SJ. Mindfulness-based cognitive therapy: Innovative applications. *Mindfulness-Based Cogn Ther Innov Appl*. 2016;1–244.
 26. Day MA. Mindfulness Based Cognitive Therapy for Chronic Pain and Comorbid Unipolar Depression - Full Text View - ClinicalTrials.gov [Internet]. 2017. Available from:

https://clinicaltrials.gov/ct2/show/NCT01473615?cond=depression&intr=mindfulness+based+cognitive+therapy&lup_s=01%2F01%2F2010&lup_e=31%2F12%2F2015&rank=6

27. Ehde DM, Alschuler KN, Day MA, Ciol MA, Kaylor ML, Altman JK, et al. Mindfulness-based cognitive therapy and cognitive behavioral therapy for chronic pain in multiple sclerosis: A randomized controlled trial protocol. *Trials*. 2019;20(1):1–12.
28. Pardos-Gascón EM, Narambuena L, Leal-Costa C, Ramos-Morcillo AJ, Ruzafa-Martínez M, Van-Der Hofstadt Román CJ. Effects of mindfulness-based cognitive therapy for chronic pain: A multicenter study. *Int J Environ Res Public Health*. 2021;18(13).
29. Pei JH, Ma T, Nan RL, Chen HX, Zhang Y Bin, Gou L, et al. Mindfulness-Based Cognitive Therapy for Treating Chronic Pain A Systematic Review and Meta-analysis. *Psychol Heal Med [Internet]*. 2021;26(3):333–46. Available from: <https://doi.org/10.1080/13548506.2020.1849746>
30. Marks E, Moghaddam N, De Boos D, Malins S. A systematic review of the barriers and facilitators to adherence to mindfulness-based cognitive therapy for those with chronic conditions. *Br J Health Psychol*. 2023;28(2):338–65.
31. McCay E, Frankford R, Beanlands H, Sidani S, Gucciardi E, Blidner R, et al. Evaluation of Mindfulness-Based Cognitive Therapy to Reduce Psychological Distress and to Promote Well-Being: A Pilot Study in a Primary Health Care Setting. *SAGE Open*. 2016;6(3).
32. Hente E, Sears R, Cotton S, Pallerla H, Siracusa C, Filigno SS, et al. A Pilot Study of Mindfulness-Based Cognitive Therapy to Improve Well-Being for Health Professionals Providing Chronic Disease Care. *J Pediatr [Internet]*. 2020;224:87-93.e1. Available from: <https://doi.org/10.1016/j.jpeds.2020.02.081>
33. Watkoske K. Mindfulness-Based Cognitive Therapy and Diabetes Management. *Conspec Boreal [Internet]*. 2020;5(1):8. Available from: https://commons.nmu.edu/cgi/viewcontent.cgi?article=1122&context=conspecus_borealis

34. Tajbakhsh R, Haddadi S, Mohammadi SZ. Effect of Metacognitive Therapy and Acceptance and Commitment Therapy on Body Image Concerns of Female Hemodialysis Patients. *Jundishapur J Chronic Dis Care*. 2023;12(3).
35. Pham T V., Beasley CM, Gagliardi JP, Koenig HG, Stanifer JW. Spirituality, Coping, and Resilience Among Rural Residents Living with Chronic Kidney Disease. *J Relig Health [Internet]*. 2020;59(6):2951–68. Available from: <https://doi.org/10.1007/s10943-019-00892-w>
36. Keskin G. Resilience in patients with dialysis-dependent renal failure: Evaluation in terms of depression, anxiety, traumatic growths. *Appl Nurs Res [Internet]*. 2022;65(October 2021):151575. Available from: <https://doi.org/10.1016/j.apnr.2022.151575>
37. Alhawtmeh H, Alshammari S, Rababah JA. Effects of mindfulness meditation on trait mindfulness, perceived stress, emotion regulation, and quality of life in hemodialysis patients: A randomized controlled trial. *Int J Nurs Sci [Internet]*. 2022;9(2):139–46. Available from: <https://doi.org/10.1016/j.ijnss.2022.03.004>
38. Gross CR, Reilly-Spong M, Park T, Zhao R, Gurvich O V., Ibrahim HN. Telephone-adapted Mindfulness-based Stress Reduction (tMBSR) for patients awaiting kidney transplantation. *Contemp Clin Trials [Internet]*. 2017;57(March):37–43. Available from: <http://dx.doi.org/10.1016/j.cct.2017.03.014>
39. Fincham D, Kagee A, Moosa MR. Dietary and fluid adherence among haemodialysis patients attending public sector hospitals in the Western Cape. *South African J Clin Nutr*. 2008;21(2):7–12.
40. Dwidiyanti, M., Fahmi, A. Y., Ningsih, H. E. W., Wiguna, R. I., & Munif B. *Seni mindfulness spiritual Islam [The arts of Islamic spiritual mindfulness]*. Semarang: UNDIP Press; 2019.
41. Dwidiyanti M, Fahmi AY, Wahyu HE, Wiguna RI, Munif B. *The Art Of Mindfulness Spiritual Islam*. Semarang: Undip Press; 2019.
42. Kabat-Zinn J, Massion AO, Kristeller J, Peterson LG, Fletcher KE, Pbert L, et al. Effectiveness of a meditation-based stress reduction program in the

- treatment of anxiety disorders. *Am J Psychiatry*. 1992;149(7):936–43.
43. Dwidiyanti M, Munif B, Santoso A, Rahmawati AM, Prasetya RL. DAHAGA: An Islamic spiritual mindfulness-based application to reduce depression among nursing students during the COVID-19 pandemic. *Belitung Nurs J*. 2021;7(3):219–26.
 44. Kim EY, Lee YN, Chang SO. Measuring the Resilience of Patients on Hemodialysis: Development of a Patient on Hemodialysis Resilience Scale. *Nephrol Nurs J*. 2020;47(3):229–37.
 45. Connor KM, Davidson JRT. Depression and Anxiety - 2003 - Connor - Development of a new resilience scale The Connor-Davidson Resilience Scale .pdf. Vol. 18, Willey Liss. 2003. p. 76–82.
 46. Smith BW, Dalen J, Wiggins K, Tooley E, Christopher P, Bernard J. The brief resilience scale: Assessing the ability to bounce back. *Int J Behav Med*. 2008;15(3):194–200.
 47. Morote R, Hjemdal O, Uribe PM, Corveleyn J. Psychometric properties of the Resilience Scale for Adults (RSA) and its relationship with life-stress, anxiety and depression in a Hispanic Latin-American community sample. *PLoS One*. 2017;12(11):1–20.
 48. DeSimone JA, Harms PD, Vanhove AJ HM. Development and Validation of the Five-by-Five Resilience Scale. *Sage Journals [Internet]*. 2016;6(24):778–97. Available from: <https://journals.sagepub.com/doi/10.1177/1073191115625803>
 49. Marquez J, Francis-Hew L, Humphrey N. Protective factors for resilience in adolescence: analysis of a longitudinal dataset using the residuals approach. *Child Adolesc Psychiatry Ment Health [Internet]*. 2023;17(1). Available from: <https://doi.org/10.1186/s13034-023-00687-8>
 50. Istiqomah I, Wiyono BB, Rahmawati H, Chusniyah T, Ziden AA. Adaptation and Validation of Psychological Capital Questionnaire (PCQ-12) in Academic Context: Rasch Model Analysis. *Psychopathic J Ilm Psikol*. 2024;11(1):17–26.
 51. Naswall K, Kuntz J, Malinen S. Employee Resilience Scale (EmpRes).

- 2015;(September).
52. Malik P, Garg P. Psychometric Testing of the Resilience at Work Scale Using Indian Sample. *Vikalpa*. 2018;43(2):77–91.
 53. Ogetai R. Gambaran Tingkat Resiliensi Pada Pasien Penyakit Ginjal Kronik Yang Menjalani Hemodialisis. *J Dep Ilmu Keperawatann*. 2019;1–11.
 54. Suprpti AE. GAMBARAN TINGKAT RESILIENSI PADA PASIEN PENYAKIT GINJAL KRONIK DENGAN TERAPI HEMODIALISIS. Eprint Undip. 2023;
 55. Rokayah C, Novita D, Muliani R, Sumbara. The Relationship Of Spirituality And Resilience In Patients That Received Hemodialysis. *Indones J Glob Heal Res*. 2019;2(4):685–90.
 56. Ebrahimi A, Yadollahpour MH, Akbarzadeh Pasha A, Seyedi-Andi SJ, Khafri S. The relationship between spiritual health and resilience in hemodialysis patients. *J Babol Univ Med Sci*. 2021;23(1):135–41.
 57. Duran S, Avci D, Esim F. Association Between Spiritual Well-Being and Resilience Among Turkish Hemodialysis Patients. *J Relig Health [Internet]*. 2020;59(6):3097–109. Available from: <https://doi.org/10.1007/s10943-020-01000-z>
 58. Mitra PK, Tasker PRW, Ell MS. Chronic kidney disease. Vol. 97, *Praxis*. 2008. 947–948 p.
 59. Toto Suharyanto. *Asuhan Keperawatan Pada Klien dengan Gangguan Sistem Perkemihan*. Jakarta: Trans Info Media; 2009.
 60. Suwitra K. *Buku Ajar Ilmu Penyakit Dalam*. Jakarta: Suwitra, Ketut. “Penyakit ginjal kronik.” Dalam Sudoyo, Pusat Penerbitan Departemen Penyakit Dalam Fakultas Kedokteran Universitas Indonesia; 2006.
 61. Bradero Mary. *Klien Gangguan Ginjal Seri Asuhan Keperawatan*. Jakarta: ECG; 2009.
 62. Rocco M, Daugirdas JT, Depner TA, Inrig J, Mehrotra R, Rocco M V., et al. KDOQI Clinical Practice Guideline for Hemodialysis Adequacy: 2015 Update. *Am J Kidney Dis*. 2015;66(5):884–930.
 63. K S. *Penyakit ginjal kronik*. 2014.

64. Suwitra K. Penyakit ginjal kronik. 6th ed. Siti S, editor. Jakarta: Internal Publishing; 2014. 2159 p.
65. Halle MP, Hertig A, Kengne AP, Ashuntantang G, Rondeau E, Ridel C. Acute pulmonary oedema in chronic dialysis patients admitted into an intensive care unit. *Nephrol Dial Transplant*. 2012;27(2):603–7.
66. Sampson MG, Kang HM. Author Correction: Using and producing publicly available genomic data to accelerate discovery in nephrology. 2019; Available from: <http://ckdgen.imbi.uni-freiburg.de.https://doi.org/10.1038/s41581-019-0186-8%7C>
67. Thomas L. Nutrition therapy for chronic kidney disease. London: CRC Press; 2012.
68. Complications of chronic kidney disease | CKD - American Kidney Fund (AKF) [Internet]. [cited 2021 Sep 26]. Available from: <https://www.kidneyfund.org/kidney-disease/chronic-kidney-disease-ckd/complications/>
69. Thomas R, Kanso A, Sedor JR. Chronic Kidney Disease and Its Complications [Internet]. Available from: http://www.nkdep.nih.gov/professionals/gfr_calculators/index.htm;
70. Global Facts: About Kidney Disease | National Kidney Foundation [Internet]. [cited 2021 Jan 12]. Available from: <https://www.kidney.org/kidneydisease/global-facts-about-kidney-disease>
71. Chang JB, Chang RW, Panetta T, Schutzer R, Kissin M, Hacker R, et al. Hemodialysis access. *Endovascular Interventions: A Case-Based Approach*. 2014. 953–978 p.
72. Goldsmith D, COvic A SJL. Cardio-renal clinical challenges. London: Springer; 2015.
73. Kammerer J, Garry G, Hartigan M, Carter B, Erlich L. Adherence in patients on dialysis: strategies for success. *Nephrol Nurs J*. 2007;34(5):479–86.
74. Richardson GE, Neiger BL, Jensen S, Kumpfer KL. The resiliency model. *Health Educ*. 1990;21(6):33–9.
75. Werner EE JJ. Can We Apply Resilience? In: *Resilience and development*:

- Positive life adaptations. New York: Kluwer Academic/Plenum Publishers; 1999. 259–68 p.
76. Haase JE, Peterson SJ. Resilience. In: *Middle Range Theories: Application to Nursing Research: Third Edition*. 3rd ed. Wolters Kluwer Health | Lippincott Williams & Wilkins; 2014. p. 256–80.
 77. Nursalam. *Konsep penerapan metodologi penelitian ilmu keperawatan: pedoman skripsi, tesis, dan instrumen penelitian keperawatan*. Jakarta: Salemba Medika; 2008.
 78. Dwidiyanti M. *Penelitian Quasi Experiment dalam Keperawatan*. Semarang: UNDIP Press; 2018.
 79. S. I. Sastroasmoro. *Dasar - Dasar Metodologi Penelitian*. 4th ed. Jakarta: Sagung Seto; 2011.
 80. Yılmaz E, Okanlı A. Test of Mindfulness-Based Psychosocial Skills Training to Improve Insight and Functional Recovery in Schizophrenia. *West J Nurs Res*. 2018;40(9):1357–73.
 81. Kao HY, Chang CC, Chang CF, Chen YC, Cheewakriangkrai C, Tu YL. Associations between Sex and Risk Factors for Predicting Chronic Kidney Disease. *Int J Environ Res Public Health*. 2022;19(3):1–11.
 82. Gaffey AE, Bergeman CS, Clark LA, Wirth MM. Aging and the HPA axis: Stress and resilience in older adults. *Neurosci Biobehav Rev* [Internet]. 2016;68:928–45. Available from: <http://dx.doi.org/10.1016/j.neubiorev.2016.05.036>
 83. Rokayah, C., Novita, D., Muliani R. & S. Description of Resilience in Patients Undergoing Hemodialysis. *Indones J Glob Heal Res*. 2022;4(3):581–6.
 84. Zuraida R, Prasetya MA, Yoga A, Angraini DI, Sayekti D, Berawi KN. Relationship between Age , Gender , Education Level , Employment Status and Comorbidity with Nutritional Status in Hemodialysis Patients. 2025;20(1):41–50.
 85. Cal SF, Sá LR de, Glustak ME, Santiago MB. Resilience in chronic diseases: A systematic review. *Cogent Psychol* [Internet]. 2015;2(1). Available from:

<http://dx.doi.org/10.1080/23311908.2015.1024928>

86. Kim GM, Lim JY, Kim EJ, Park SM. Resilience of patients with chronic diseases: A systematic review. *Heal Soc Care Community*. 2019;27(4):797–807.
87. Connor K, Davidson J. Connor-Davidson resilience scale (CD-RISC) © manual. 2003;2(18):76–82.
88. Fernandes G, Amaral A, Varajão J. Wagnild and Youngs’s resilience scale validation for IS students. *Procedia Comput Sci* [Internet]. 2018;138(October):815–22. Available from: <https://doi.org/10.1016/j.procs.2018.10.106>
89. Rudaz M, Ledermann T, Grzywacz JG. Spiritual Coping, Perceived Growth, and the Moderating Role of Spiritual Mindfulness in Cancer Survivors. *J Psychosoc Oncol* [Internet]. 2019;36(5):609–23. Available from: <https://pubmed.ncbi.nlm.nih.gov/29869950/>
90. Jauhar M, Kudus UM. The Role of Spiritual Mindfulness Therapy in Increasing Self- Confidence The Role of Spiritual Mindfulness Therapy in Increasing Self- Confidence Among Adolescent. 2024;(November).
91. Komariah M, Hatthakit U, Boonyoung N, Ibrahim K, Susilaningih FS, Mediani HS, et al. Islamic Mindfulness-Based Caring as an Intervention to Manage Fatigue. *J Holist Nurs*. 2024;42(2_suppl):S87–98.
92. Dwidiyanti M, Rahmawati AM, Sawitri DR. The Effect of Islamic Spiritual Mindfulness on Self-Efficacy in Anger Management among Schizophrenic Patients. *Nurse Media J Nurs*. 2021;11(3):404–12.
93. Richardson GE. The metatheory of resilience and resiliency. *J Clin Psychol*. 2002;58(3):307–21.
94. Love M et al. The effects of meditation, race, and anxiety on stroke survivor resilience. *J Neurosci Nurs*. 2020;52(3):96–102.
95. Chertow GM, Levin NW, Beck GJ, Daugirdas JT, Eggers PW, Klinger AS, et al. Long-term effects of frequent in-center hemodialysis. *J Am Soc Nephrol*. 2016;27(6):1830–6.
96. Rahmawati E, Ridiawati Yulia. Pengaruh Spriritual Emotional Freedom

Technique (Seft) Terhadap Penurunan Tingkat Kecemasan Di Rumah Sakit Wawa Husada Kepanjen Malang. 2016;1–7.

97. Ilmiah J, Sandi K, Penelitian A, Husaeni H, Haris A. Aspek Spiritualitas dalam Pemenuhan Kebutuhan Spiritual Pasien Pendahuluan Metode. 2020;960–5.
98. Imran A, Zakar R, Shahzad R, Hussain B, Ahmed R. Resilience: A Coping Strategy for Physical and Psychological Challenges faced by Chronic Kidney Disease patients. *Pakistan J Med Heal Sci.* 2023;17(6):21–4.
99. Emin M, Mahmut Ş, Uğur D, Metin Ö. The Role of Spirituality in Anxiety and Psychological Resilience of Hemodialysis Patients in Turkey. 2023;
100. Ghanei Gheshlagh R, Ebadi A, Dalvandi A, Rezaei M, Nourozi Tabrizi K. A Systematic Study of Resilience in Patients with Chronic Physical Diseases. *Nurs Midwifery Stud.* 2016;6(2).