

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN KECENDERUNGAN DEPRESI PADA PASIEN PENYAKIT GINJAL KRONIS YANG MENJALANI HEMODIALISIS

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Abstrak

Latar Belakang : Depresi merupakan gangguan mental yang paling sering ditemukan pada pasien hemodialisis. Depresi pada pasien hemodialisis seringkali sulit terdeteksi karena gejala depresi yang muncul seringkali mirip dari gejala akibat Penyakit Ginjal Kronik itu sendiri. Padahal depresi dapat meningkatkan morbiditas dan mortalitas pada pasien hemodialisis. Berdasarkan uraian di atas, penting bagi tenaga kesehatan yang merawat pasien hemodialisis untuk dapat mendeteksi dini depresi dan mengetahui penyebab yang berhubungan pada pasien Penyakit Ginjal Kronis yang menjalani hemodialisis.

Tujuan : Mengetahui faktor-faktor yang berhubungan dengan kejadian kecenderungan depresi pada pasien Penyakit Ginjal Kronis yang menjalani hemodialisis

Metode : Studi *cross sectional* dilakukan di unit Hemodialisis RSUP Dr. Kariadi pada Mei 2025. Pasien yang berusia ≥ 18 tahun, menjalani hemodialisis ≥ 3 bulan, dengan frekuensi 2x seminggu, dan tidak memiliki riwayat SLE, keganasan dan gangguan psikiatri sebelumnya diikutkan dalam penelitian ini.

Hasil Penelitian : Dari sebanyak 97 responden, 41 (42.3%) responden mengalami kecenderungan depresi. Pada uji bivariat dan multivariat menunjukkan kelompok non lansia, Perempuan, dan tidak bekerja beresiko 3, 2.7, dan 2.9 kali beresiko mengalami kecenderungan depresi ($p : 0.032, 0.030, \text{ dan } 0.037$). Sedangkan tingkat pendidikan, status pernikahan, jarak domisili, jumlah komorbid, lama menjalani hemodialisis, jenis akses vaskular, dan kadar hemoglobin tidak berhubungan dengan kecenderungan depresi.

Kesimpulan : Terdapat hubungan antara usia, jenis kelamin, dan status pekerjaan dengan kejadian kecenderungan depresi pada pasien Penyakit Ginjal Kronis yang menjalani Hemodialisis

Kata Kunci : Depresi, Gangguan Mood, Hemodialisis Kronik, Penyakit Ginjal Kronis, Rawat Jalan

FACTORS ASSOCIATED WITH THE INCIDENCE OF DEPRESSIONAL TENDENCY IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS

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Abstract

Background: Depression is the most prevalent mental disorder among patients undergoing hemodialysis. Its identification in this population is often challenging due to the overlap between depressive symptoms and the clinical manifestations of chronic kidney disease. Nevertheless, depression has been shown to contribute to increased morbidity and mortality in hemodialysis patients. Therefore, early detection and identification of associated factors are essential for healthcare providers managing patients with chronic kidney disease undergoing hemodialysis.

Objective: To determine factors associated with the occurrence of depression in patients with chronic kidney disease undergoing hemodialysis.

Methods: This study employed a cross-sectional design and was conducted in the Hemodialysis Unit of Dr. Kariadi General Hospital in May 2025. Inclusion criteria were patients aged ≥ 18 years, undergoing hemodialysis for at least 3 months with a frequency of twice weekly, and without a history of systemic lupus erythematosus, malignancy, or prior psychiatric disorders.

Results: Among 97 respondents, 41 patients (42.3%) were identified as having depression. Bivariate and multivariate analyses revealed that younger age (non-elderly), female gender, and unemployment status were significantly associated with a higher likelihood of depression, with odds ratios of 3.0, 2.7, and 2.9, respectively ($p = 0.032, 0.030, \text{ and } 0.037$). In contrast, no significant association was found between depression and educational level, marital status, residential distance, number of comorbidities, duration of hemodialysis, type of vascular access, or hemoglobin level.

Conclusion: Age, gender, and employment status are significantly associated with the incidence of depression in patients with chronic kidney disease undergoing hemodialysis.

Keywords: Depression, Mood Disorders, Chronic Hemodialysis, Chronic Kidney Disease, Outpatient Care

