

THE RELATIONSHIP BETWEEN SELF-EFFICACY AND FLUID RESTRICTION COMPLIANCE IN HEMODIALYSIS PATIENTS AT NGUDI WALUYO WLINGI HOSPITAL

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ABSTRACT

Introduction: Chronic kidney failure is a progressive disease that requires lifelong hemodialysis therapy. Adherence to fluid restriction is an important aspect in preventing increased interdialytic weight gain (IDWG) and serious complications. However, non-compliance is still common in hemodialysis patients. Self-efficacy is a psychological factor that is believed to play a role in shaping patient compliance behavior. This study aims to analyze the relationship between self-efficacy and fluid restriction compliance in hemodialysis patients at Ngudi Waluyo Wlingi Hospital. **Methods:** This study used a correlational quantitative design with a cross sectional approach. The study sample amounted to 83 patients with chronic kidney failure who underwent hemodialysis and were taken using the total sampling technique. Data were collected using self-efficacy questionnaires and liquid restriction compliance questionnaires that have been tested for validity and reliability. Data analysis was carried out univariate and bivariate using the Spearman Rank correlation test. **Results:** The study showed that most of the respondents had a moderate level of self-efficacy (38.6%) and compliance with the category of fluid restriction was quite compliant (41.0%). The Spearman Rank test showed a significant relationship between self-efficacy and fluid restriction compliance with a correlation coefficient value $r = 0.909$ and a significance value of $p < 0.001$, which showed a positive relationship with very strong strength. The higher the patient's level of self-efficacy, the higher the level of compliance with fluid restrictions. **Discussion:** Improving self-efficacy through fluid intake management strategies such as repeated education, daily fluid intake monitoring, sodium restriction, and psychosocial support is expected to improve fluid restriction compliance and prevent complications in hemodialysis patients.

Keywords: Self-Efficacy, Fluid Restriction Adherence, Hemodialysis