

*THE EFFECTIVENESS OF FOOT MASSAGE THERAPY ON ANXIETY IN
HEMODIALYSIS PATIENTS AT THE HEMODIALYSIS UNIT OF RSUD DR. SOEDOMO
TRENGGALEK*

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ABSTRACT

Background: Chronic Kidney Disease (CKD) is a condition characterized by a progressive and irreversible decline in kidney function, requiring renal replacement therapy such as hemodialysis. The routine hemodialysis process can cause psychological effects, one of which is anxiety. Unmanaged anxiety may reduce patients' quality of life; therefore, non-pharmacological interventions such as foot massage therapy are needed. **Objective:** To determine the effectiveness of foot massage therapy in reducing anxiety levels among CKD patients undergoing hemodialysis at RSUD Dr. Soedomo Trenggalek. **Methods:** This study used a quantitative design with a pre-experimental method through a one-group pretest-posttest approach. The sample consisted of 38 respondents selected using purposive sampling based on inclusion and exclusion criteria. Data were collected using an anxiety level questionnaire and analyzed using the Wilcoxon Signed Rank Test. **Results:** The results showed that before receiving foot massage therapy (pre-test), most respondents experienced severe anxiety. After receiving foot massage therapy (post-test), almost all respondents experienced mild anxiety. **Conclusion:** It can be concluded that foot massage therapy is effective in reducing anxiety levels among CKD patients undergoing hemodialysis at RSUD Dr. Soedomo Trenggalek. This therapy can be used as a non-pharmacological nursing intervention to improve patient comfort and psychological well-being.

Keywords: chronic kidney disease, hemodialysis, anxiety, foot massage