

Motivation and Meaning of Life on Hemodialisa Patients with Low Self Esteem in the Padang City in 2018

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Abstract:- Hemodialysis is a treatment program that should be done for life in patients with chronic kidney disease. This can cause a variety of physical, social and psychological problems, including low self-esteem psychosocial issues and ultimately impacting the motivation and meaning of life. This study aims to determine the description of motivation and meaning of life in hemodialysis patients with low self esteem. The research method used descriptive with cross sectional approach. The sampling technique used total sampling with a sample of 43 hemodialysis patients with low self-esteem in padang city. The results showed that the motivation of patients showed low motivation, while the meaning of life of hemodialisa patients with low self esteem in the Hospital in the City of Padang shows the meaning of life is. Suggestions need a nursing intervention to increase the self-esteem of hemodialysis patients who experience low self-esteem.

Keywords:- Hemodialisa, motivation, meaning of life.

I. INTRODUCTION

The prevalence of Chronic Kidney Disease (PGK) is currently increasing rapidly worldwide and recognized as a global health problem (Indonesian Renal Registry (IRR), 2015). Chronic kidney disease will cause different symptoms in accordance with the decline in function and stage of the disease. At stage 1 and 2 usually do not cause any symptoms, while in stadium 3 and 4 clinical and laboratory symptoms become more apparent (Jameson & Loscalzo, 2013). If symptoms develop into stage 5 will have an effect on death, unless renal replacement therapy such as hemodialysis (Jameson & Loscalzo, 2013).

Hemodialysis is performed at least 2 or 3 times a week with a duration of 4 - 5 hours. Dependence of a lifetime patient for chronic kidney disease in hemodialysis devices, but the device is not cure for chronic kidney disease, can only prolong unlimited age. Patients will still experience a number of problems and complications (Smeltzer & B.G Bare, 2002). Problems arising from dependence on dialysis devices or having to do hemodialysis for life, among others, changes in the lives of patients, such as changes in biological,

psychological, social, spiritual (S.C Smeltzer & B.G Bare, 2002; Jameson & Loscalzo, 2013).

Unpredictable illness conditions, costly expenses, difficulties in keeping jobs, disappearing sexual urges and impotence, marriage, fear of death and burden caused to the family, are psychological and social changes that occur in patients who undergoing hemodialysis (Smeltzer & B.G Bare, 2002). Such conditions can cause the client to feel useless life, living dependent on others, unable to do the job as before, not able to do his role well, feel ashamed of his condition and feel himself has no hope, desire and purpose of life, signs and symptoms in patients with low self-esteem (Stuart, 2016). This is supported by Gerogianni & Babatsikou, 2013 research, one of the psychosocial impacts of hemodialysis measures such as low self-esteem caused by physical activity limitations, frequent hospitalization, uncertainty about the future and increased patient dependence on the family.

In addition, hemodialysis patients with low self-esteem have no motivation for work and activity (Videbeck, 2008). The presence of problems due to hemodialysis will inhibit patients in therapy (Djoko, 2008). Therefore it is necessary motivation that can be a very influential factor and determine the belief, the value of individual health and determine about the treatment program received (Bukhori, 2006). So as to improve the quality of life and have a positive meaning of life (Coentrao et al., 2012).

II. MATERIALS

The measuring tool used is the Treatment Motivation Questionnaire (TMQ). The question consisted of 26 items with favorable types on 1-11, 14-15, 17-20, 22, 23, 25, 26 and unfavorable numbers 12, 13, 16, 21, 24. Each question has a choice answers with a score of 1 to 5. Items favorable that is at start with 1 is strongly disagree, 2 is less agree, 3 is neutral, 4 is rather agree, 5 is strongly agree. As for the unfavorable item that is started with 1 is very agree, 2 is somewhat agree, 3 is neutral, 4 that is less agree and 5 is strongly disagree.

Measuring tool for meaning of life using questionnaire meaning in life questionnaire (MLQ) consists of consist of 10 items of questions consist of favorable items and unfavorable

items. Item favorable in this MLQ there are 9 items 1,2,3,4,5,6,7,8 and 10, while item unfavorable is item 9. This measuring instrument has 7 variation of response, for item Favorable that dimulai with 1 that is not that is not true, 4 is hesitate, 5 is rather right, 6 is partially true, 7 is very true. As for the unfavorable items that are started with 1 is very true, 2 is mostly true, 3 is rather right, 4 is hesitant, 5 is rather not true, 6 is mostly untrue, 7 is not true at all.

III. RESULTS

Variable	Mean	SD	95 % -CI
Age	47,30	10,52	44,06 – 50,54
Long hemodialysis	8,98	10,15	5,85-12,1

Table 1:- Average Distribution of Hemodialysis Patients with Low Self-Esteem at the Hospital in the city of Padang in 2018

Based on the results in table 1 shows the mean age of hemodialysis patients with low self-esteem at the Hospital in Padang City is 47.30 years. While the mean duration of hemodialysis at the Hospital in Padang City was 8.98 months.

Characteristic	n	%
Gender		
Male	24	55,8
Female	19	44,2
Education		
High	41	95,3
Low	2	4,7
Occupation		
Work	10	23,3
unwork	33	76,7
Marital status		
Unmarriage	2	4,7
Mariage	41	95,3

Table 2:- Frequency Distribution of Hemodialysis Patients with Self-Esteem at the Hospital in the city of Padang in 2018

Based on the results of table 2, it is known that the majority of hemodialysis patients with low self esteem in hospitals in Padang city are 55.8% male, 95.3% are high educated and 76.7% work status is not working. Marital status of 95.3% is married.

Variable	Mean	SD	Min-Maks	95 %-CI
Motivation	68,95	9,601	51-84	66-71,91
Meaning of life	46,26	3,566	40-58	45,16-47,35

Table 3:- Frequency Distribution of Motivation and Meaning of Life of Hemodialysis Patients with Low Self-Esteem at Hospital in Padang City

Based on table 3 shows the mean of hemodialisa patient motivation with low self-esteem in Hospital in Padang as much as 68,95. Whereas mean life of hemodialisa patient with low self-esteem in Hospital in Padang city as much 46,26.

IV. DISCUSSION

A. Respondent's characteristic

Based on the age of respondents aged > 30 years obtained as much as 93%, this can be caused by lifestyle changes, smoking, unhealthy eating patterns and alcohol drinks that helped trigger the incidence of chronic kidney disease. Age is a factor that can describe the condition and affect one's health. The function of the renal and urinary tracts will change with age (Smeltzer & Bare, 2002). In addition to the physical problems in patients with chronic renal disease undergoing hemodialysis, Stuart (2016) explains that in the development of adulthood must be able to prepare the next generation, attention to the needs of others, especially family, creative, able in problem solving, productive in terms of able to fill the time spare with the positive, be able to adjust to his parents and feel comfortable with his family to achieve goals.

This is supported by Muliawati research (2014) showed that hemodialysis patients who experienced low self esteem, 20.7% aged ≤ 30 years and 79.3% aged > 30 years. In harmony with research conducted Setyaningsih, Mustikasari, & Nuraini (2011) showed that the age of patients undergoing hemodialysis who experience low self-esteem is at the stage of development of early adulthood to advanced adulthood.

Some factors tend to be affected by chronic kidney disease by smoking, smoking and consuming alcohol and sedimentation of substances in the urinary tract. This research is supported by Setyaningsih (2011) showed that the respondent's gender who undergo hemodialysis, male respondent's gender is 51,8% and female respondent is 48%. In line with the research conducted by Wibowo (2017) showed that the sex of respondents is relatively balanced between men and women, where the data obtained respondents male sex that is as much as 51.9% and female respondents are as many as 58.1 %.

The education of hemodialysis patients with low self-esteem is 95.3% highly educated. This study is consistent with the research conducted by Setyaningsih (2011) showed that respondents with higher education as much as 55.5%. Education is often associated with knowledge, with the highest level of education is high school shows hemodialisa patients with low self-esteem has a high education, and allows mempunyai much knowledge about hemodialisa and can share information with other respondents. Marital status got data that with married status that is as much as 95,3%. It is also supported by Setyaningsih (2011) research that marital status in patients undergoing hemodialysis with low self esteem with married status of 81.5% and unmarried status of 18.5%.

Characteristics of work that is as much as 76.7% not working, based on the analysis of the researchers can be caused, because the decrease in productivity of hemodialysis patients with low self-esteem included in the job because of physical limitations of respondents due to chronic illness suffered. Another thing that causes the hemodialysis patient with low self-esteem does not work because of the pessimistic client's view of himself and feels lack of ability, decreased activity and sometimes limited interaction with others. Such circumstances may cause clients to be at risk of depression, and ultimately decrease in self-esteem or low self-esteem.

Based on the long undergoing hemodialysis which ≤ 6 months is as much as 62.8 months. According to Ross (1998) the last stage of the loss stage is Acceptance, namely the receiving stage. Patients undergoing hemodialysis need time to accept that it is indeed a chronic disease, and rearrange their lives. Based on Setyaningsih (2011) study when convicted to undergo hemodialysis patients will experience anxiety. For that needed the ability to balance themselves from various circumstances caused by the disease. At first the individual will have difficulty in adjusting his life so potential to cause chronic anxiety, which in turn can cause other problems such as low self-esteem.

B. Description of Patient Motivation Hemodialysis with Low Self-Esteem in Hospital in Padang City.

Based on the result of the research, the motivation of hemodialysis patient with low self-esteem in Hospital in Padang City showed low motivation with an average of 68.95. The results of this study in accordance with the research conducted by Syamsiah (2011) showed the motivation of patients with chronic kidney disease who underwent hemodialysis as much as 53.3% low motivation, 49.7% high motivation. Meistatika, Meistatika (2017) research also showed low motivation with an average of 66.71, about the motivation of chronic kidney disease patients who undergo hemodialysis stage terminal. In addition, research conducted by Puspita (2014) showed different things, that the motivation of patients who undergo hemodialysis as much as 56.7% positive motivation, 43.3% negative motivation.

Based on the analysis of the researcher that the difference of motivation experienced by hemodialysis patient with low self-esteem, because motivation is an impulse arising in a person consciously or unconsciously to perform actions with a specific purpose (KBBI, 2017). Motivation leads to specific desires, drives and goals that interact with behavior and the environment. The magnitude of motivation can increase, decrease or maintain behavior (Notoatmodjo, 2014). Based on the results of low motivation research that is owned by patients undergoing hemodialysis with low self-esteem, caused by the lack of optimal acceptance of clients against the disease he suffered. The client still refuses to undergo a treatment procedure that requires the client to undergo hemodialysis, should be done within 2-3 times a

week and performed for the life of the patient. The client is still pessimistic about the treatment he is undergoing.

Indirectly disclosed that the motivation of clients hemodialysis with low self-esteem, influenced by various aspects of life such as physical health, psychological health and social relationships. Physically the client has to run hemodialysis for the rest of his life, dependence on the dialysis device and yet the device is not curing the chronic kidney disease. It can be concluded that motivation is very important for hemodialysis patients with low self-esteem, because with the motivation of hemodialysis patient with low self-esteem can generate, direct, and consolidate the behavior to a goal, that is related to treatment program that will be lived all his life.

C. An Overview of the Meaning of life of Hemodialysis Patients with Low Self-Esteem in Hospital in Padang City.

Based on the results of research the meaning of life of hemodialysis patients with low self-esteem in hospitals in the city of Padang showed moderate 46.26. This is supported by research conducted by Mariyanti et al (2013) revealed that from the three subjects there was feeling helpless, pessimistic not confident and experiencing feelings of no meaning and frustration. Feelings of helplessness and his own feelings have troubled his family and feelings of insecurity when his weight drops drastically. Hemodialysis routines make the subjects feel the burden of being physical, psychological, social and financial, thus bringing on meaningless feelings. This perceived state encourages to seek meaning for the suffering experienced.

According to Bastaman (2007) the meaning of life is something that is considered important and valuable so it can be a goal in life. The meaning of life here includes the purpose of life, the beliefs and the hope that the things that need to be obtained in individual life. According to V.E Frankl's in Bastaman, 2007 revealed there are three different values that can be a source of life meaning: creative values, experience value and attitudinal values. Creative value (creative value) includes work, work and create.

Based on the analysis of the researchers that most of the respondents are still in the process of searching the meaning of life. This is because the suffering experienced by hemodialysis patients with low self-esteem includes physical, psychological, social, and financial problems. The multidimensional problems faced by hemodialysis patients with low self-esteem, generate meaningless feeling by feeling helpless, pessimistic, feeling insecure and feeling insignificant, empty and lonely. Based on the above problems can be concluded that the senseless feeling felt by hemodialysis patients with low self-esteem affect the meaning of his life. Meaning of life can be obtained by forming values, experiences and attitudes of suffering that cannot be inevitable.

V. LIMITATION OF THE STUDY

Requirements for completing a master's degree in nursing

VI. CONCLUSION

In this study the characteristics of patients averaged > 30 years, sex is relatively balanced between men and women, unemployed, highly educated, and married, and < 6 months underwent hemodialysis. Patient motivation showed low motivation, while the meaning of life of hemodialysis patient with low self esteem in Hospital in Padang City showed mean of life is.

RECOMMENDATION

This study is very important to describe the self-esteem of hemodialysis patients. Low self-esteem will have an impact on the decrease in motivation and meaning of life of hemodialysis patients, which will inhibit the treatment program that will be lived.

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