



Description Of Psychological Aspects In Patients Undergoing Hemodialysis Due To Chronic Renal Failure: Literatur Review

Titin Supriatin^{1✉}, Dede Pujiono², Ine Lestari³, Ines Ananda Maharani⁴, Kiki Mardiatillah⁵, Luisa Fernanda⁶, Siti Sopiah⁷

Affiliate
STIKes Ahmad Dahlan Cirebon

Email : titinsupriatin821@gmail.com

Received: 2023-11-17; Accepted: 2023-12-25; Published: 2023-12-30

Abstract

Chronic kidney failure is the failure of the kidneys to maintain metabolism and fluid and electrolyte balance (Widiana, 2017). According to the World Health Organization (WHO), the incidence of chronic kidney failure worldwide reached 10% of the population, meanwhile kidney failure patients Chronic patients undergoing hemodialysis (HD) are estimated to reach 1.5 million people worldwide (Damanik, 2020). The aim of this literature review is to analyze the psychological aspects of patients undergoing hemodialysis due to chronic kidney failure. The literature search method uses the Google Scholar database, mendeley, using the keywords “Chronic Kidney Failure” “Hemodialysis” “Anxiety” “Stress” AND “Depression”. There were 13 journals that met the specified inclusion criteria. Some of the results of the literature analysis were published in 2018 until 2023, the research design used was Quantitative Descriptive. The sampling techniques used are mostly Purposive Sampling, Cross Sectional, Total Sampling. The instrument used is an observation sheet. The data analysis used is mostly the Paired Sample T test. The results of a review of all journals show that there is a description of the psychological aspects of chronic kidney failure patients undergoing hemodialysis: anxiety, stress and depression, It is hoped that health workers will be able to understand the psychological aspects of patients undergoing hemodialysis due to chronic kidney failure.

Keywords: *Chronic Kidney Failure, hemodialysis, anxiety, stress, psychological*

INTRODUCTION

Chronic renal failure is kidney failure in maintaining metabolism and fluid and electrolyte balance. Chronic renal failure is a global public health problem with increasing prevalence and incidence. Kidney failure patients undergoing Hemodialysis continue to increase in the world and in Indonesia (Widiana, 2017). According to the World Health Organization (WHO), in 2015, the incidence of Chronic Kidney Failure in the world reached 10% of the population, while Chronic Kidney Failure patients undergoing hemodialysis (HD) reached 1.5 million people in the world. Currently, kidney failure sufferers in Indonesia have reached 4,500 people. The increase in kidney failure sufferers can be seen from the increase in the number of dialysis patients with an average of 250 people every year (Damanik, 2020). Hemodialysis is a therapy to replace kidney function, apart from that there are replacement therapies such as peritoneal dialysis and kidney transplantation.

Chronic kidney failure patients who experience anxiety will cause drastic changes not only physically but also psychologically in the patient. Chronic kidney failure sufferers who undergo hemodialysis often experience anxiety. Research conducted by Gunawan and Kamalah (2021) shows that the anxiety experienced by patients arises because patients do not yet know the procedures and side effects of hemodialysis (Gunawan & Kamalah, 2021). Apart from experiencing anxiety, hemodialysis patients were also found to experience stress and depression. Each individual's anxiety response is different and is often seen as worry, restlessness, restlessness, and is often accompanied by physical complaints (Wulandari & Widayati, 2020). To overcome these psychological disorders, family social support is needed in order to reduce the psychological effects they cause (Wakhid et al., 2018).

The occurrence of stress due to a stressor that is felt and perceived by the individual is a threat that can cause anxiety. Chronic kidney failure patients undergo Hemodialysis 2-3 times every week and spend several hours, which will make them experience tension, anxiety, stress and depression which varies for each individual which has a negative impact on their quality of life and health (Saputra, 2010).

Stress in Chronic Kidney Failure patients can be influenced by every patient having to undergo HD for life, not only that, they also have to face complications from Kidney Failure such as heart and blood vessel system disorders, anemia, hypertension, fertility problems for both men and women, skin and bone disorders and so on, making patients feel anxious and stressed about the reality they have to face (Colvy, 2010).

METHODOLOGY

Literature Search Strategy

a. Keywords

When searching for journals, use the keywords (AND, OR NOT or AND NOT) which are used for more detail in searching for journals and can make it easier to find the desired journal. The keywords used are "Chronic Renal Failure" "Hemodalization" "Anxiety" "Setress" AND "Depression".

b. Database or search engine

Secondary data is the data used in this research, where the data obtained is not directly involved through supervision, but is taken from previous research data that has been carried Available at : <https://journal.bungabangsacirebon.ac.id/index.php/ijobba/>

out. The data source used uses the Google Scholar and Mendeley databases in the form of articles or journals.

Criteria inclusion and exclusion

a. Inclusion and exclusion criteria in PICOS format

Criteria	Inclusion	Exclusion
<i>Problem</i>	There are psychological aspects in patients undergoing hemodialysis due to chronic kidney failure	There are nopsychological aspects of CKD patients undergoing HD
<i>Intervention</i>	No intervention	Yes intervention
<i>Comparison</i>	There are comparison factors, and there is no comparison of HD patients with psychological disorders	There are comparative and non-comparable factors but they are not psychological
<i>Outcome</i>	-	-
<i>Study Design</i>	<i>Paired Sampel T test</i>	Besides the <i>Paired Sampel T test</i>
Publication Year	The last 10 years 2013-2023	More than the last 10 years
Language	Indonesian or English	Apart from Indonesian or English

b. Search Results and Study Selection

From the results of a literature review search using the Google Scholar database using the keywords "Chronic Kidney Failure" "Hemodialysis" "Anxiety" "Stress" AND "Depression". In the search, the researchers found 16 feasibility assessments from the remaining 16 journals, it was found that there were ineligibility for inclusion, so exclusion was carried out and 13 journals were reviewed

RESULTS AND DISCUSSION

Result

The results of a review of all journals show that there is a description of the psychological aspects of chronic kidney failure patients undergoing hemodialysis, namely anxiety, stress and depression. The psychological picture of anxiety in Chronic Kidney Failure patients undergoing Hemodialysis has several levels, namely experiencing mild anxiety, moderate anxiety, severe anxiety and very severe anxiety. This condition shows that more than 50% of patients undergoing hemodialysis feel anxious. This agrees with research from (Cohen et al., 2016), which states that anxiety in patients undergoing hemodialysis shows that anxiety is a psychiatric symptom that often occurs but is ignored. Signs of anxiety include feelings of uncertainty and fear. Several other medical complaints such as nervousness, indigestion, diaphoresis are also signs and symptoms of someone experiencing anxiety. Research (Wakhid & Suwanti, 2019) also states that 20% of patients are at a moderate level of anxiety. Anxiety at a moderate level is when someone tends to focus on important conflicts and ignore other problems, so that the patient is more selective and more focused. The psychological picture of stress also has several

levels, namely experiencing mild stress, moderate stress and severe stress. Based on research (Fitri et al., 2018), research results state that patients on hemodialysis tend to feel stressed easily due to changes in their lifestyle. Patients who have been undergoing hemodialysis for a long time tend to have good coping mechanisms so that they adapt more easily to their condition. The psychological picture of depression is the same as anxiety and stress, which has several levels, namely experiencing mild depression, moderate depression, severe depression. Depression is a mental disorder characterized by prolonged sadness, decreased motivation and lack of energy to carry out activities (Suprihatiningsih & Andika, 2019). In another study, it was also stated that half of the CKD patients who underwent hemodialysis were 40 patients with mild depression and 30 patients with moderate depression. Patients who experience mild-severe depression will lose their cheerfulness and interest, reduced energy and will get tired more easily which will result in decreased activity, concentration and lack of attention to things, low self-confidence and self-esteem and will only experience obstacles regarding work and other usual social activities. carried out (Wakhid et al., 2019) The changes in chronic kidney failure patients undergoing hemodialysis will also cause the emergence of other psychological disorders such as depression. The incidence of depression in hemodialysis patients (Santos, 2011), 20% - 70% (Jeon et al, 2012), 20% - 42% (Stasiewski et al, 2015), 22% (Preljevic et al, 2015), and 32% (Zhang et al, 2015)

Discussion

Patients with chronic kidney failure who do not undergo hemodialysis will only survive for a few days or weeks. Therefore, the lives of chronic kidney failure patients depend on hemodialysis. However, patients undergoing hemodialysis have psychological problems. People undergoing hemodialysis will experience psychological problems including anxiety, stress and depression. Anxiety is related to physiological and psychological stress, meaning that anxiety occurs when someone is threatened both physically and psychologically. Physically, the client looks restless, nervous and unable to sit or rest calmly (Hawari, 2008). Anxiety in hemodialysis is caused by unfamiliar equipment and machines, blood-filled tubes and discomfort associated with the insertion of the equipment. Stress in hemodialysis patients can occur due to limited physical activity, changes in self-concept, economic status, and level of dependency. Financial and work problems, loss of sexual drive and impotence, worry about marriage, often cause stress in patients undergoing HD (Oktaviana & Verawati, 2019). Anxiety in CKD patients due to uncured disease requires long-term treatment and according to theory (Suzanne C. Smeltzer, 2013) the impact of acute and chronic diseases can cause several emotional reactions, one of these emotional reactions is stress.

Depression is the most common psychological disorder in hemodialysis patients. Depression can affect approximately one third of hemodialysis patients and is associated with poor clinical outcomes, thereby increasing the risk of hospitalization and death. Hemodialysis patients often experience symptoms of depression such as changes in mood in the form of sadness, loneliness and apathy, feelings of self-blame, a desire to punish themselves, changes in sleep disorders, eating disorders, loss of sexual appetite, and changes in activity, even to the point of wanting to commit suicide. Apart from that, financial problems and feelings of fear of death also have a big influence on the psychological condition, thus making the patient's depression worse. Therefore, family support is needed so that patients remain enthusiastic about

undergoing the medication program and increase their life expectancy. Depression can reduce quality of life and increase the chance of death due to Chronic Kidney Failure. Depression in Chronic Renal Failure patients is often misinterpreted as the effects of hyperuricemia, such as anorexia, fatigue, and sleep disorders. Therefore, so that depression can be treated early, nurses must carry out regular assessments of depression using available instruments.

CONCLUSION

The psychological picture that appears in chronic kidney failure patients undergoing hemodialysis includes anxiety, stress & depression. This arises as a psychological response to someone who receives stressors or pressure. In this case, nurses are expected to not only provide physiological nursing care but also comprehensively, including psychologically. This research only examines the description of psychological problems in CKD patients undergoing hemodialysis, so further research is still needed to explore other things that can occur, such as factors that cause anxiety, stress and depression.

BIBLIOGRAPHY

- Agustiningih, N. (2018). Features of Depression in Patients on Hemodialysis. *Journal of Mesencephalon Health*, 4(1)
- Akbar, A., Amaludin, M., Nurpratiwi, N., Hidayat, U. R., Alfikrie, F., & Hatmalyakin, D. (2022). Description of Initial Efforts to Manage Anxiety in Chronic Kidney Failure Patients at RSUD Yarsi Pontianak. *Malahayati Nursing Journal*, 4(7), 1765-1772.
- Amalia, F., Nadjmir, N., & Azmi, S. A. (2015). Description of Depression Levels in Chronic Kidney Disease Patients Undergoing Hemodialysis at DR Hospital. M. Djamil Padang. *Andalas Health Journal*, 4(1).
- Amaludin, M., Arisandi, D., Nurpratiwi, N., Akbar, A., Alfikrie, F., Hidayat, U. R., & Hatmayakin, D. (2023). Level Of Depression, Anxiety And Stress In Chronic Kidney Failure (Ckd) Patients With Hemodialisa. *Husada Mahakam: Health Journal*, 13(1), 01-07.
- Anita, D. C., & Husada, I. S. (2020, May). Depression in female hemodialysis patients is higher. In *Proceedings of the University Research Colloquium* (pp. 277-288).
- Mait, G., Nurmansyah, M., & Bidjuni, H. (2021). Description of Physiological and Psychological Adaptation in Chronic Kidney Failure Patients Undergoing Hemodialysis in Manado City. *Journal of Nursing*, 9(2), 1-6
- Nurlinawati, N., Rudini, D., & Yuliana, Y. (2019). The Relationship Between Anxiety Levels and Hemodynamics in Chronic Renal Failure Patients Undergoing Hemodialysis. *Jambi University Applied Sciences Scientific Journal| JIITUJ*, 3(1), 28-40.
- Puspasari, S., & Solehudin, A. (2018). Description of Anxiety Level Based on Characteristics and Frequency of Undergoing Hemodialysis in Chronic Kidney Failure Patients at Cibabat Cimahi Hospital. *Bali Medika Journal*, 5(1), 61-72
- Rahayu, F., Fernandez, T., & Ramlis, R. (2018). The relationship between hemodialysis frequency and stress levels in chronic kidney failure patients undergoing hemodialysis. *Silampari nursing journal*, 1(2), 139-153.
- Rahman, R. A. N., Kartinah, K., & Kusnanto, K. (2023). Description of Anxiety, Stress and

Depression in Adults Undergoing Hemodialysis. *ASJN (Aisyiyah Surakarta Journal of Nursing)*, 4(1), 1-6.

Saraswati, N. L. G. I., Lestari, N. K. Y., & Putri, K. A. (2022). The Relationship Between Stress Levels and Sleep Quality in Chronic Kidney Failure Patients Undergoing Hemodialysis. *Malahayati Nursing Journal*, 4(5), 1242-1249.

Wakhid, A., Kamsidi, K., & Widodo, G. G. (2019). Description of the level of depression in chronic kidney failure patients undergoing hemodialysis. *Journal of Psychiatric Nursing*, 6(1), 25-28.

Yola Kinanthi Wening Utami, Y. (2023). The Relationship Of The Duration Of Hemodiialysa With Stress Levels And Sleep Quality Of Chronic Kidney Failure Patients In The Hemodiialysa Room Of Slamet Riyadi Hospital, Surakarta (Doctoral dissertation, Kusuma Husada University, Surakarta).