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## Original Articles

### THE INFLUENCE OF EDUCATION AND SUPPORT GROUP BASED ON SELF-EFFICACY THEORY ON THE QUALITY OF LIFE AMONG CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS: A NARRATIVE REVIEW

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#### Abstract

**Background:** Support group is a therapeutic process in a group that has the same problems to condition and provide reinforcement to the group or individual in the group according to the problem so as to achieve effective coping skills against the problem or trauma experienced and improve the patient's quality of life.

**Objective:** This review was to summarize and identify the current literature related to the influence of education and support group based on self-efficacy theory on the quality of life among chronic kidney disease patients undergoing hemodialysis.

**Methods:** Data sources included two electronics databases: Google Scholar and Elsevier to search literature published between 2015 and 2022. A narrative review process was extract and analyze the data of all included studies.

**Result:** The search found three articles that met the inclusion and exclusion criteria, including articles published in 2015 until 2022 and full-text form. Articles that meet the criteria are then analyzed narratively. Data search using keywords and criteria in the electronic data based above, resulted in 3 articles. From these articles, the interventions carried out, namely the Education, Support Group, Hemodialysis, Chronic Kidney Disease.

**Conclusion:** The support group program has proven to be effective in increasing the patient's ability to manage his condition and improve the quality of life.

## INTRODUCTION

Hemodialysis is a replacement therapy for patients with Chronic Kidney Failure (CKD) which is widely used in the world, including in Indonesia. Hemodialysis is the term used for describe something process physiologically there is a relationship between substances dissolved in the blood that changes after contact with solutes in a liquid through a semipermeable membrane. In patients with

minimal kidney function, hemodialysis is performed to prevent dangerous complications that can cause death.

Hemodialysis therapy that is carried out continuously will affect the psychological state of the patient such as depression. This is due to the condition of the patient being dependent on the dialysis machine and the time needed for hemodialysis therapy will reduce the time available for social activities, which can create conflict, frustration, guilt and depression. Other factors related to hemodialysis therapy such as restrictions on food and fluid intake, disappearance of sex drive and hemodialysis complications are the basis for lifestyle changes in patients with chronic kidney disease undergoing hemodialysis therapy. So the needs of patients with a terminal illness are not only the fulfillment/treatment of physical symptoms, but also the importance of supporting psychological, social and spiritual needs which are carried out with an interdisciplinary approach. Support is really needed and really needed by patients with terminal illnesses, anyone involved must support here, namely family, friends, and support groups. A support group or often called a peer group is a therapeutic process in a group that has the same problem to condition and provide reinforcement to the group or individual in the group according to the problem. The main goal of the Support Group intervention is to achieve effective coping skills against problems or trauma experienced and to improve the patient's quality of life.

Therefore, it is important to further review various support group programs in patients undergoing hemodialysis. It is hoped that this review will be able to examine what forms and combinations of support group programs are effective for application to patients undergoing hemodialysis. This literature study aims to review the literature related to educational interventions and support groups among patients with chronic kidney failure (CKD) undergoing hemodialysis.

## **DEVELOPMENT**

The design of the search for articles in this literature study through Google Scholar and Elsevier, with the keywords Education, Support Group, Hemodialysis, and Chronic Kidney Disease. The search found three articles that met the inclusion and exclusion criteria, including articles published in 2015-2022, full text format articles that met the criteria, then analyzed narratively.

## **DISCUSSION**

Based on data searches using keywords and criteria in the electronic data based above, 3 articles were obtained. From these articles, the support group programs that were implemented were educational interventions and program support. A summary of the ten studies used in the study can be seen in Table 1.

Ambar Relawati, et al (2015), in her research on the Effect of Self Help Group on the quality of life of hemodialysis patients at PKU Muhammadiyah Yogyakarta Hospital with the results of the study that the results of the analysis of the difference in the value of the quality of life of HD patients in the intervention group and the control group after SHG activities were carried out  $p$ -value  $<0.001$

which means there is a significant difference between the value of the quality of life of HD patients before and after being carried out by SHG between the intervention group and the control group. This shows that giving SHG therapy can help improve the quality of life of HD patients.

Tanawin Nopsopo n, et al (2022) in his research on nurse-based educational interventions in patients with peritoneal dialysis: A systematic reviews and meta-analysis with results eleven studies (1506 PD patients in seven countries) were included in the systematic review. Of the eleven studies, eight studies (1363 PD patients in five countries) were included in the meta-analysis. Sleep quality in the intervention group was statistically significantly higher than in the controls (mean difference = 12.76, 95% confidence).

Astuti, et al, (2017) in her research on self-management of psychosocial adjustment in chronic kidney disease patients with hemodialysis with research results. The results showed *psychosocial* abilities adjustment of respondents in the pre-test ( $\bar{x}$ ) PAIS: 103.12 And *post-test* ( $\bar{x}$ ) PAIS: 141.81. Based on Wilcoxon results test obtained p.s-value 0.000 then the research hypothesis is accepted. Psychosocial abilities adjustment of chronic kidney disease patients increased after being given educational treatment and SEFT therapy. Active involvement between patients, families and nurses can improve the patient's psychosocial adaptation ability to changes in his health status.

From the discussion above, it can be concluded that the support group from each literature all mentions educational interventions as the main program, this educational program was also developed in various models. Psychological program combination, empowerment, a n d education expected to improve the quality of life in hemodialysis patients.

The results of these three studies, it is known that all three are journals that have a chance of success if further development is carried out.

**Table 1.** Summary of Included Literature.

No	Title And Researcher	Design	Sample / Sampling	Variable	Instrument	Analysis	Results
1	The effect of Self-Help Group on the quality of life of hemodialysis patients at PKU Muhammadiyah Yogyakarta Hospital Researcher: Ambar Relawati, et al (2015)	Quasy experiment with pretest-posttest control group design	Respondents totaled 31 people: Control respondents 16 people; Respondents intervention 15 people	Independent: Self-help group Dependent: Quality of life of HD patients	pre-test is in the form of measuring the value of quality of life.	Independent t-test	The results of the analysis of the difference in quality of life values HD patients in the intervention group and the control group after done activity SHG obtained score p.s value as big <0.001 which means there is a significant difference between the value of the quality of life of HD patients before and after the SHG was carried out between the intervention group and the control group. This shows that giving SHG therapy can help improve the

quality of life of HD patients.

2	Nurse-based educational interventions in patients with peritoneal dialysis: A systematic reviews and meta-analysis of Randomized systematic reviews and meta-analysis  Researcher: Tanawin Nopsopo N., et al. (2022)	A systematic reviews and meta-analysis of Randomized	71 article abstracts	Independent: Nurse based educational interventions dependent : patients with peritoneal dialysis	PubMed, Embase, and CENTRAL	Qualitative analysis and Quantitative analysis	As a result, eleven studies (1506 PD patients in seven countries) were included in the systematic review. Of the eleven studies, eight studies (1363 PD patients in five countries) were included in the meta-analysis. Sleep quality in the intervention group was statistically significantly higher than in the controls (mean difference = 12.76, 95% confidence)
3	Self-management of psychosocial adjustment in chronic kidney disease patients with hemodialysis	Quasi-experiment with pre-test and post-test control group design	32 patients with CKD	Independent: Self-Management Dependent: Psychosocial adjustment of	questionnaire Pasychosocial Adjustment to Illness Scale (PAIS )	Shapiro normality test wilk	The results of the study show psychosocial abilities adjustment of respondents in the pre-test ( $\bar{x}$ ) PAIS: 103.12 And post-test ( $\bar{x}$ ) PAIS: 141.81. Based on Wilcoxon results test

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Researcher:  
Astuti, et al. (2017)

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being given educational  
treatment and SEFT therapy.  
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## **AUTHOR CONTRIBUTION**

**Arie Kusumo Dewi:** The main compiler of the literature review and looking for sources used for article writing.

**Elok Tamara:** Searching for sources used for writing.

## **ORCHID**

Arie Kusumo Dewi : None.

Elok Tamara : None.

## **CONFLICT OF INTEREST**

There is no conflict of interest in this study.

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