THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND PEER GROUP WITH SELF-CARE AMONG HEMODIALYSIS PATIENTS IN RSI JEMURSARI SURABAYA

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Abstract
Background: Patients who are undergoing hemodialysis must be able to take care of themselves, but the fact is that these patients often do not pay attention to what must be controlled and treated so that hemodialysis patients need support from their families and peer groups.

Objective: The purpose of this study was to analyze the relationship between family and peer group support with self-care in hemodialysis patients at RSI Jemursari in Surabaya.

Methods: This study used a quantitative design with correlation analytics with a cross sectional approach. The study population was all patients who were undergoing hemodialysis as many as 150 respondents. The sample obtained 109 respondents using simple random sampling. This independent variable is family support and peer group, the dependent variable is self-care. Data collection using a questionnaire was analyzed using the Spearman Rank test.

Result: Based on the results of the study of 109 respondents, almost all (78%) received good family support, almost all (91.7%) received good peer group support and most (71.6%) had high self-care. Based on the results of the Spearman rank test, the value of $p = 0.000$ was obtained, which means that there is a relationship between family and peer group support with self-care in hemodialysis patients.

Conclusion: The conclusion of this study, the higher the family and peer group support, the self-care in hemodialysis patients will also increase. Families and peer groups are expected to continue to provide support to individuals, thereby assisting individuals in maintaining self-care.

INTRODUCTION

A disease that continues to increase in percentage today is kidney disease supported by the style of modern society which often engages in bad habits such as consuming packaged food frequently, not controlling blood pressure, excessive smoking, not drinking enough water, consuming energy drinks frequently which has an impact on decreased kidney function. If kidney function has decreased, the patient must undergo hemodialysis with the aim of replacing some of the work of kidney function by
removing metabolic wastes and fluids and substances that are not needed (Imron Rosyidi & Wakhid, 2017).

Patients who are undergoing hemodialysis must be able to maintain and care for themselves which includes fluid restrictions, dietary adjustments, medications, care for vascular access, and regulation of activities or sports (Manalu, 2020). However, the fact is that patients who are undergoing hemodialysis are often disobedient to what must be controlled and cared for and they don't even care about the treatment. So in this case patients who are undergoing hemodialysis need support from family and fellow hemodialysis patients (peer group).

According to Chronic Disease Global (2020) chronic kidney failure causes the death of as many as 786,000 people each year. This figure shows that chronic kidney disease is the 12th highest cause of death in the world. The number of patients undergoing hemodialysis in Indonesia is 3.8%. The highest proportion was in the age group of 45-64 years (30.45%). The highest prevalence of chronic kidney failure occurred in three provinces, namely West Java province with 7,444 new patients, then East Java province with 4,828 new patients and the third most position followed by DKI Province, namely 2,973 new patients (Riskesdas, 2018). While the initial data collection in the Hemodialysis Room at the Jemursari Islamic Hospital in Surabaya showed that there were 150 patients undergoing hemodialysis (Jemursari Hospital Medical Record).

Patients who are undergoing hemodialysis if they are not obedient in carrying out their self-care will result in rapid weight gain (exceeding 5%), edema, wet crackles in the lungs, swollen eyelids and shortness of breath caused by excessive fluid volume (Prajayanti & Sari, 2020). In research conducted by In & Purnamawati, (2021), explained the factors that influence the self-care of patients undergoing hemodialysis including: age, gender, marriage, education, duration of dialysis, frequency of hemodialysis, family support, social support, self-efficacy and depression.

Support from family is so important in the process of caring for patients undergoing hemodialysis and also support from peer groups is needed for patients undergoing hemodialysis because family is the closest social environment to patients undergoing hemodialysis so that it can help, control and shape behavior, including in this case self-care behavior. Good family support has a significant meaning in increasing the self-care of hemodialysis patients, so that it will help patients achieve a better degree of health (Wijayanti, 2019).

**METHODS**

**Study Design**

The research used a correlational study with a cross-sectional approach.

**Settings**

The case study was conducted in RSI Jemursari Surabaya on 2023.
**Research subject**

The population of this study were patients with hemodialysis at RSI Jemursari Surabaya. The sampling technique used in this study was simple random sampling. The researcher determined several criteria in selecting research respondents, willing to be a respondent, own and live with family and no complications then exclusion criteria patient who cannot communicate well and patient who experience decreased consciousness. Based on the criteria set by researcher, the number of research samples was obtained as many 109 people.

**Instruments**

Questionnaire family support, peer group and self-care.

**Data collection**

Explain related to the process of collecting data in conducting research. If the research is in the form of experimental studies, explain briefly the process of intervention, setting, and those who did intervention. If you have control group, please explain what kind of intervention you do to them.

**Data Analysis**

The data that has been collected is analyzed using the SPSS 21 application with the Spearmen Rank statistical test with a significance level of 0.05.

**Ethical Consideration**

Before potential respondents filled out the questionnaire, the researchers asked for their willingness to become respondents in this study. In addition, the researchers also explained their rights as a respondent in this study. Researchers also explained that this study did not harm their condition. The implementation of this case study activity has received approval from the Universitas Nahdlatul Ulama Surabaya.

**RESULTS**

**Characteristics of Respondents based on Family Support, Peer Group, and Self-Care**

Based on the data in the table 1, it shown that almost all of respondent had good family support, as many as 85 respondents (78.00%). The results of the study also shown that almost all of respondents had good peer group, as many as 100 respondents (91.75%) and respondents also had high self-care, as many as 78 respondents (71.56%).

**Table 1.** Characteristics of Respondents based on Family Support, Peer Group, and Self-Care in the RSI Jemursari Surabaya on 2023 (n = 109).

<table>
<thead>
<tr>
<th>Variable</th>
<th>Frequency (n)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>85</td>
<td>78.00</td>
</tr>
<tr>
<td>Medium</td>
<td>19</td>
<td>17.42</td>
</tr>
<tr>
<td>Low</td>
<td>5</td>
<td>4.58</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>109</strong></td>
<td><strong>100.00</strong></td>
</tr>
</tbody>
</table>
Variable | Frequency (n) | Percentage (%)  
--- | --- | ---  
**Peer Group** | |  
Good | 100 | 91.75  
Medium | 9 | 8.25  
Low | 0 | 0.00  
Total | 109 | 100.00  
**Self-Care** | |  
High | 78 | 71.56  
Medium | 25 | 22.94  
Low | 6 | 5.50  
Total | 109 | 100.00  

Sources: Primary Data of Questionnaire, 2023.

**Analysis of the Relationship between Family Support and Peer Group with Self-Care in Hemodialysis Patients Using Spearman Rank Test**

**Table 2.** Analysis of the Relationship between Family Support and Peer Group with Self-Care Among Hemodialysis Patients in RSI Jemursari Surabaya Using Spearman Rank Test.

<table>
<thead>
<tr>
<th>Self-Care</th>
<th>Family Support</th>
<th>Peer Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Low</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td>f</td>
<td>%</td>
</tr>
<tr>
<td>Low</td>
<td>3</td>
<td>2.75</td>
</tr>
<tr>
<td>Medium</td>
<td>2</td>
<td>1.83</td>
</tr>
<tr>
<td>High</td>
<td>0</td>
<td>0.00</td>
</tr>
<tr>
<td>Total</td>
<td>5</td>
<td>45.8</td>
</tr>
</tbody>
</table>

Sources: Primary Data of Questionnaire, 2023.

Based on table above, it is known that of the 85 respondents (78.00%) who had good family support, majority of respondents obtained good self-care, as many as 68 respondents (62.39%). Based on the results, it also found that there were 100 respondents (91.75%) who had support from peer groups, both obtained the majority of high self-care, as many as 74 respondents (67.89%). The results of this study found that family support and peer groups had relationship with self-care among hemodialysis patients in RSI Jemursari Surabaya (p-value = .000, r = .403; p-value = .000, r = .376; respectively).

**DISCUSSION**

**Identification of Family Support, Peer Group, and Self-Care**

Based on the results of this study, it found that out of 109 respondents there were 85 respondents or almost all of respondents (78.00%) received good family support. According to the researchers, if the family protects, nurtures and does not make patients undergoing hemodialysis a burden, the patient
will feel safe and comfortable as well as have increased self-confidence and motivation. Supported by research by Ningtyas (2017) which states that family support is an element of helping individuals solve their health problems. With the support of the patient's family, the patient will always feel cared for, valued, and feel comfortable. This is in same with the theory of family support by Friedman (2010), namely emotional support where the family is a safe and peaceful place for rest and recovery and helps emotional mastery. This form of support makes individuals feel comfortable, confident, accepted by family members in the form of expressions of empathy, caring, being appreciated, caring, love, trust, and a sense of security. The family also acts as a guide, good information disseminator, mediator in solving problems and providing emotional support as well as restoring family health, must pay attention to providing support to hemodialysis patients.

Based on the result above, it is stated that out of 109 respondents, 100 respondents or almost all of respondents (91.75%) received good support from the peer group. This is supported by the theory put forward by Myers (2012) that in peer groups there is empathy, namely the condition of feeling the distress experienced by others and conversely also feeling the pleasure experienced by others, social norms and values, namely things that apply and are applied in the environment. around as part of social experience, and social exchange, namely the reciprocal relationship of social behavior between love, service, and information.

The result of this study on table 1, it shown that out of 109 respondents there were 78 or most (71.56%) experienced high self-care. Self-care is a person's activity that aims to meet the survival needs of his life to maintain health and prosper himself (Orem, 2001). Self-care that needs to be carried out by patients undergoing hemodialysis includes: fluid restriction, dietary adjustments, medication, care for vascular access (Yatilah et al., 2021).

Researchers assume that there are several factors that cause high or low levels of self-care in patients undergoing hemodialysis. Supported by research conducted by Ningrum et al (2022) that there are factors that influence self-care including: age, gender, occupation and education.

In this study it was found that almost half (25.6%) of patients undergoing hemodialysis were aged 46-55 years. researchers assume that in the early age of the elderly are often faced with various situations and conditions both physical and psychological, they continue to try to achieve success in solving the problems being faced. Their involvement in various activities in solving their problems can improve their health throughout life (Maful, 2016).

In this study it was found that the majority (71.9%) of patients undergoing hemodialysis were female. Researchers argue that gender will affect a person's self-care because the behavior of women seems to care more about their health so that they try optimally towards self-care. Men tend to make health deviations, especially in self-control related to body weight and unhealthy lifestyles such as smoking, but women are more healthy because smoking is rare (Orem, 2001).

In this study it was also found that the majority (71.1%) of patients undergoing hemodialysis had secondary education. Researchers assume that the level of education has an impact on a person's
ability to accept, understand the disease they are experiencing and how to care for themselves. In line with Prasetyani (2018) patients with a higher level of education will be able to understand the situation and this is supported by the attitude of patients who are curious in receiving information so that it creates openness to new things.

The Relationship between Family Support, Peer Group, and Self-Care among Hemodialysis Patients

Based on the results in Table 2, it shown that the 85 respondents (78.00%) who had good family support, most of them obtained good self-care, as many as 68 respondents (62.39%). It also found that family support had good enough relationship with self-care (p-value = .000, r .403). The correlation is positive, which means that the higher the family support the patient has, the more self-care the hemodialysis patient will also increase.

The results of this study in Table 2, it also found that there were 100 respondents (91.75%) who had support from peer groups, both obtained the majority of high self-care, as many as 74 respondents (67.89%). Based on the statistical test using Spearmen Rank Test, it found that there was relationship between peer group and self-care among hemodialysis patients in RSI Jemursari Surabaya (p-value = .000, r = .376). The correlation is positive, which means that the higher the peer group owned by the patient, the self-care of hemodialysis patients will also increase.

Based on the above results statement, researchers assume that with the support of peer groups, patients will get experience, information or advice from others so as to help solve health behavior problems, provide emotional and social support and motivation by focusing on support for self-care. There is assistance in the form of social support obtained from other individuals, and also with the existence of peer groups individuals feel others care and need their presence (Sarafino and Smith, 2011).

LIMITATION

There is no conflict of interest in this research.

CONCLUSION

Provide real conclusions, not just a summary/ repetition of the findings. Draw conclusions about the adequacy of the theory in relation to the data. Indicate whether the data supported or refuted the theory. Indicate whether the conceptual model was a useful and adequate guide for the study. Identify implications/ recommendations for practice/ research/ education/ management as appropriate, and consistent with the limitations.

AUTHOR CONTRIBUTION

Yolanda Ivanka Putri: Literature review, conceptualization, methodology, investigation, and resources.
Lono Wijayanti: Literature review, conceptualization, methodology, supervise, investigation, resources, and manuscript drafting.

Wesiana Heris Santy: Literature review, conceptualization, methodology, supervise, resources, project administration, and manuscript drafting.

Nur Hidaayah: Literature review, conceptualization, methodology, supervise, and manuscript drafting.

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Yolanda Ivanka Putri: None.
Lono Wijayanti: None.
Wesiana Heris Santy: None.
Nur Hidaayah: None.

CONFLICT OF INTEREST

There is no conflict of interest in this study.

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REFERENCE


