

POLITEKNIK KESEHATAN TANJUNGPURUNAN JURUSAN
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**HUBUNGAN ASUPAN AIR DAN PERILAKU MENAHAN BUANG AIR
KECIL PADA PASIEN DENGAN NEFROLITIASIS DI RSUD
Dr. H. ABDUL MOELOEK PROVINSI LAMPUNG
TAHUN 2024**

vi + 60 halaman, 6 tabel, 6 gambar, 9 lampiran

ABSTRAK

Nefrolitiasis atau biasa juga disebut batu ginjal merupakan suatu penyakit ginjal, dimana terdapat batu yang mengandung kristal dan matriks organik. Menurut *World Health Organization* (2018) prevalensi dan tingkat kekambuhan batu ginjal dan post operasi nefrolitiasis sekitar 12% populasi diseluruh Dunia. Tujuan penelitian ini mengetahui distribusi dan hubungan asupan air dan perilaku menahan buang air kecil pada pasien nefrolitiasis di RSUD Dr. H. Abdul Moeloek Provinsi Lampung Tahun 2024. Penelitian ini kuantitatif menggunakan design penelitian analitik dengan pendekatan cross sectional menggunakan uji statistik *Chi-Square*. Populasi dari penelitian ini semua pasien yang mengalami nefrolitiasis, jumlah sampel sebanyak 48 sampel.waktu penelitian pada tanggal 23 Maret – 6 April 2024. Hasil penelitian didapatkan faktor yang berhubungan dengan terjadinya nefrolitiasis yaitu jumlah asupan air dan perilaku menahan buang air kecil dengan *p-value* 0,008 ($\alpha < 0,05$) yang artinya terdapat hubungan antara asupan air dan perilaku menahan buang air kecil. Penelitian ini merekomendasikan perlu adanya penyuluhan terkait pentingnya asupan air dan perilaku menahan buang air kecil pada pasien nefrolitiasis untuk mencegah kekambuhan.

Kata kunci : Hubungan, Nefrolitiasis, asupan air, perilaku menahan BAK.

Daftar referensi : 20 (2014-2023)

TANJUNGPURANG HEALTH POLYTECHNIC MAJORING IN
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**THE RELATIONSHIP OF WATER INTAKE AND WATER HOLDING
BEHAVIOR LITTLE IN PATIENTS WITH NEPHROLITHIASIS
IN HOSPITAL Dr. H. ABDUL MOELOEK
LAMPUNG PROVINCE YEAR 2024**

vi + 60 pages, 6 tables, 6 figures, 9 appendices

ABSTRACT

Nephrolithiasis or also known as kidney stones is a kidney disease, where there are stones that contain crystals and an organic matrix. According to data from the World Health Organization (2018), the prevalence and recurrence rate of kidney stones and post-operative nephrolithiasis is around 12% of the population throughout the world. The aim of this study was to determine the distribution and relationship between water intake and urinary retention behavior in patients with nephrolithiasis at Dr. H. Abdul Moeloek Lampung Province in 2024. . This research is quantitative research using an analytical research design with a cross sectional approach using the Chi-Square statistical test. The population of this study were all patients who experienced nephrolithiasis. The total number of samples was 48 samples. The research time was March 23 - April 6 2024. Based on the research results, it was found that factors related to the occurrence of nephrolithiasis were the amount of water intake and behavior of holding in urination with a p-value of 0.008 ($\alpha < 0.05$) which This means that there is a relationship between water intake and the behavior of holding in urination. This study recommends that there is a need for education regarding the importance of water intake and urinary retention behavior in nephrolithiasis patients to prevent recurrence.

Key words: Relationship, nephrolithiasis, water intake and urinary retention behavior.

Reference list: 20 (2014-2023)