

THE EFFECT OF SOCIAL SUPPORT WITH DEPRESSION IN CHRONIC KIDNEY FAILURE PATIENTS TREATING HEMODIALYZATION

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ABSTRACT

This study aims to identify the latest evidence-based on the effect of social support on depression in chronic renal failure patients undergoing hemodialysis. The research method used in this study is a literature review with a literature search using the electronic database CINAHL, PubMed, Pro Quest, Cochrane, Google Scholar, and Garuda. The results showed that the original sixteen articles met the inclusion criteria in 4 themes: social and family support that affects self-management and hope for progress, family support, emotional support, and appropriate and appropriate family support. In conclusion, all aspects of social and family license affect depression and anxiety in chronic kidney failure patients undergoing hemodialysis.

Keywords: Depression, Social Support, Hemodialysis, End-Stage Kidney Disease

INTRODUCTION

According to WHO (2018) the prevalence of chronic kidney disease is one of the main health problems in the world, globally about 1 in 10 of the population is identified as having chronic kidney disease. In 2015 the Global Burden of Disease stated that 1.2 million people died due to kidney failure and it is estimated that 10% of the world's population is currently affected by chronic kidney disease. From this number, it can be said that cases of end-stage renal failure have increased by 32%. In 2015, GBD also explained that there were 1.2 million people died due to kidney failure and currently it is estimated that 10 percent of the world's population is affected by Chronic Kidney Disease (CKD), but 9 out of 10 people are not aware of their condition. This number increased by 32% from 2005, where 2.3 to 7.1 million people with end-stage renal failure died in 2010 (Luyckx et al., 2018).

The number of cases of kidney failure in Indonesia has shown an increase every year. In Indonesia, every 0.38% or 3.8 per 1000 population is diagnosed by a doctor with chronic kidney failure. North Kalimantan province occupied the highest prevalence, namely 0.64% and followed by West Java with 0.48% cases or 131,846 people. From gender, the number of cases of kidney failure in men was 0.42%, this was higher than the cases found in women, which was 0.35%. Based on age characteristics, the highest prevalence is 65-74 (0.82%). Based on education strata, the highest prevalence of kidney failure is in people who have not/never been to school (0.57%). Meanwhile, based on people living in rural and urban areas respectively (0.38%) (Riskasdas, 2018).

Patients with end stage renal disease sometimes experience changes, ranging from physical to psychological changes such as anxiety, feelings of fear, and helplessness. In addition, patients with chronic kidney failure often experience impaired body image and impaired self-concept, and find it difficult to accept reality because of the changes that occur in kidney failure. Patients with chronic renal failure generally undergo hemodialysis.

Other changes that occur in patients with chronic kidney failure are financial problems, difficulty in maintaining a job, impotence, depression due to chronic illness, hopelessness, and suicide attempts (Alfiyanti et al., 2016). In addition, planned lifestyle changes related to dialysis therapy and restriction of food and fluid intake resulted in the loss of the patient's enthusiasm for life. This can cause psychological problems, namely depression in patients with chronic kidney failure.

RESEARCH METHODS

PICO Analysis

The literature review search algorithm uses the PICO approach; P (problem/problem/patient/population): chronic kidney failure patients (end stage) who are undergoing hemodialysis therapy, I (intervention/exposure): family support/social support factor intervention, C (Comparison): -, O (Outcome)): level of depression in patients with chronic renal failure undergoing hemodialysis therapy.

Keyword Search:

Social support : social support, peer support, family support, dukungan sosial, dukungan keluarga.

Depression: depression, stress, depresi, stres

Hemodialysis: hemodialysis, end stage renal disease, end stage kidney disease, gagal ginjal kronik, cuci darah, hemodialisis.

Boolean Search:

Social support or peer support or family support or dukungan sosial or dukungan keluarga and depression or stress or depresi or stress and hemodialysis or end stage renal disease or end stage kidney disease or gagal ginjal kronik or cuci darah or hemodialisis.

Search Database

The literature sources used six indexed journal database portals CINAHL, PubMed, Pro Quest, Cochrane, Google Scholar, and Garuda. Articles were selected based on inclusion criteria, including: Non-experimental and experimental research, articles from 2016 to 2020, full texts, randomized controlled trials or quantitative, according to the discussion theme.

RESULTS

Study Characteristics

Table. 1
Literature Review

Author Name, Article Title, Literature Type	Year	Aims	Findings
Pan et al., Social Support as a Mediator between Sleep Disturbances, Depressive Symptoms, and Health-related Quality of Life in Patients Undergoing Hemodialysis, Cross Sectional Studies	2019	This study aimed to bridge this gap by investigating the association between associated risk factors, social support, sleep disturbances, depressive symptoms, and HRQOL, consisting of physical quality of	The results revealed a high prevalence of depression and sleep disturbances in patients with ESRD in Taiwan, which is consistent with the figures reported in Taiwan but higher than the figures reported in the US. Social support plays an important role as a mediator between sleep disturbances and depressive symptoms in ESRD patients in this study. Our

		life (PQOL) and mental quality of life (MQOL), in ESRD patients.	findings offer healthcare professionals a better understanding of how to utilize social support, particularly assessment support, based on the finding that assessment support promotes PQOL. In addition, these findings provide general support for the hypothesis regarding the effect of social support on depressive symptoms. Further research should be conducted with nurses in the renal department to investigate their perceptions and knowledge of how to evaluate social support in patients with ESRD.
Yucens et al., The Association Between Hope, Anxiety, Depression, Coping Strategies and Perceived Social Support in Patients With Chronic Kidney Disease, Cross Sectional Study	2019	This study aims to evaluate the relationship between hope, anxiety, depression, coping strategies, and perceptions of social support in patients with chronic kidney disease	In this study, the results showed that patients with CKD were less hopeful, more anxious, more depressed, and more depressed than healthy individuals. Expectations will be felt by CKD patients with more social support. In this study, rates of depression and anxiety were also higher and levels of hope, perceived social support, and problem-focused coping strategies were lower among patients with a history of psychiatric medication than in patients without such a history. In the current study, anxiety-depression and perceived social support from family were found to be significant predictors of level of expectation.
Nugraha et al., Effect of Family Support Towards Elderly Hemodialysis Patients' Anxiety Level, Cross Sectional Study	2020	To determine the effect of family support on the anxiety level of elderly hemodialysis patients	Patients with chronic kidney failure with hemodialysis therapy and family support can improve their quality of life. There is a significant relationship between family support and the anxiety level of elderly hemodialysis patients
Mutiara et al., Perbedaan Kejadian Depresi pada Pasien Chronic Kidney Disease on Hemodialisis yang Dipengaruhi Dukungan Keluarga, Cross Sectional Studies	2018	To find out the difference in the incidence of depression between CKD on HD patients who received good and poor family support.	The study concluded that there was a significant difference in the incidence of depression between CKD patients on HD who received less support and good support. Patients who get positive family social support or according to the patient's needs can reduce depression in kidney failure patients, but because the social support felt by these

			<p>patients is negative, this situation cannot reduce depression in kidney failure patients undergoing hemodialysis so that most patients are in major depression. The results of the analysis show that there are still many hemodialysis patients with good support who still feel depression, this is because each individual has their own way of coping to overcome the problems that are being felt when someone is experiencing distress because they are unable to deal with severe stress so that they experience depression that exceeds the individual's ability to change.</p>
<p>Kusniawati, Hubungan Kepatuhan Menjalani Hemodialisis dan Dukungan Keluarga dengan Kualitas Hidup Pasien Gagal Ginjal Kronik di Ruang Hemodialisa Rumah Sakit Umum Kabupaten Tangerang, Cross Sectional Studies</p>	2018	<p>The purpose of this study was to determine the relationship between adherence to hemodialysis and family support with the quality of life of patients with chronic kidney failure.</p>	<p>1) The average age of the respondents is 52 years with the youngest 23 years old and the oldest 75 years old, more are male than female as many as 30 people, 37 respondents are highly educated (SMA and PT), most of the respondents do not working as many as 45 people, most of whom were married as many as 53 people, the average length of undergoing hemodialysis was 37.71 months with the longest being 204 months and the shortest being 1 month.</p> <p>2) Most of the respondents were obedient in undergoing hemodialysis, namely 37 people, more respondents who received good family support, namely 41 people, and most of the respondents had a good quality of life, namely 40 people.</p> <p>3) There is a relationship between adherence to hemodialysis and the quality of life of patients with chronic kidney failure undergoing hemodialysis (p-value = 0.019, = 0.05)</p> <p>4) There is a relationship between family support and quality of life of patients with chronic kidney failure undergoing hemodialysis (p-value = 0.008, = 0.05).</p>

Fitrianasari et al., Pengaruh Dukungan Keluarga terhadap Tingkat Depresi Pasien Chronic Kidney Disease Stadium 5D yang Menjalani Hemodialisis di RSD dr. Soebandi Jember, correlation analytic research design with a cross sectional studies approach	2017	The purpose of this study was to determine the effect of family support on the level of depression in stage 5D CKD patients undergoing hemodialysis	There is an effect of family support on the level of depression in stage 5D CKD patients undergoing hemodialysis at RSD dr. Soebandi Jember. The higher the family support obtained by the patient, the lower the level of depression in the patient.
Astuti et al., Hubungan Pengetahuan, Efikasi Diri, dan Dukungan Keluarga dengan Self Management Pasien Hemodialisis di Kota Bekasi, descriptive analytic design with cross sectional research design	2018	The aim of the study was to determine the determinants associated with self-management of terminal renal failure patients undergoing hemodialysis.	There is a significant relationship between knowledge, self-efficacy and family support with self-management in hemodialysis patients. Multivariate results showed that the most influential variable was the level of knowledge
Cumayunaro, Dukungan Keluarga dan Mekanisme Koping Pasien Gagal Ginjal Kronik yang Menjalani Hemodialisa, Analytical study with cross sectional approach. Sampling technique with total sampling method	2018	To find out the relationship between family support and the mechanism of Coping of chronic kidney failure patients undergoing hemodialysis at the Hemodialysis Unit of Tk Hospital. III Reksodiwiryo Padang in 2017	Based on the results of the study, it was found that from 33 people who received support from their families, as many as 20 people (60.6%) used adaptive coping mechanisms. The results of statistical tests with Chi-Square showed p value = 0.010 so that Ha was accepted (p value <0.05). This shows that the results of statistical calculations are significant (significant) or indicate that there is a relationship between family support and the coping mechanisms of chronic kidney failure patients undergoing hemodialysis at the Hemodialysis Unit of Tk Hospital. III Reksodiwiryo Padang.
Baeti & Maryati, Hubungan Dukungan Keluarga dengan Tingkat Depresi pada Pasien yang Dilakukan Hemodialisa di Ruang Hemodialisa RSUD Kabupaten Jombang,	2016	This study aims to determine the relationship between family support and the level of depression in patients undergoing hemodialysis in the hemodialysis room at the Jombang	The family support received by patients undergoing hemodialysis in the hemodialysis room at the Jombang District Hospital was mostly (61%) supportive. Depression experienced by patients undergoing hemodialysis in the hemodialysis room at the

Correlation analytic research with cross sectional studies		District Hospital.	Jombang District Hospital is half (50%) experiencing a moderate level of depression. There is a relationship between family support and depression in patients undergoing hemodialysis in the hemodialysis room at the Jombang District Hospital with a strong category.
Muhith et al., Family Support and Family Economic Status With Depression Level on Patients End Stage Renal Disease (EsrD) in Gatoel Hospital Mojokerto District Indonesia, descriptive correlation with cross-sectional studies . research methods	2019	The purpose of this study was to determine the relationship between family support and economic status with depressed ESRD patients undergoing hemodialysis therapy <1 year	1) Most of the respondents have the economic capacity of the Provincial Minimum Wage (UMP). 2) Most of the respondents claimed to have family support in the good category. 3) Most of the respondents experienced mild depression. 4) The results of the Spearman's rho test showed that there was no significant relationship between economic status and the level of depression in End Stage Renal Disease (ESRD) patients at Gatoel Mojokerto Hospital. 5) The results of the Spearman rho test show that there is a significant relationship between family support and the level of depression in End Stage Renal Disease (ESRD) patients at the hospital. Gatoel Mojokerto. This relationship is included in the strong and positive category, meaning that the better the family support, the more normal the level of depression in End Stage Renal Disease (ESRD) patients.
Agatha, Hubungan antara Dukungan Sosial Keluarga dengan Kualitas Hidup Pasien Hemodialisis di Unit Hemodialisis Rsup H.Adam Malik Medan Tahun 2019, Quantitative analytic research uses a cross sectional research design	2019	This study aims to determine the relationship between family social support and quality of life in hemodialysis patients at the Hemodialysis Unit H. Adam Malik Hospital, Medan.	There is a relationship between family social support and the quality of life of patients undergoing hemodialysis at the H. Adam Malik General Hospital Medan with a p-value (Pearson Chi-Square) 0.001 (p<0.05).

Rohimah, The Role of Family Support in Hemodialysis Patient Anxiety, cross-sectional study design	2020	The purpose of this study was to analyze and compare the dominant factors that influence the anxiety of hemodialysis patients	After logistic regression analysis, only 1 variable, namely family support was significantly related to anxiety with a Wald value = 8.848 with a probability of error or p-value (sig) = 0.003, Wald > (2 tables = 3.841) at a significance level = 0.05 and degrees of freedom df = 1 or p-value = 0.003 < (= 0.05): significant, it can be concluded that support is significantly related to anxiety.
Al-Kahfi et al., The Influence of Family Support to Patients' anxiety Of Chronic Renal Failure With experience Of Hemodialysis at the Hemodialysis Unit Of Ulin Hospital Banjarmasin, descriptive correlative with cross sectional approach	2017	This study aims to determine the effect of family encouragement on anxiety in patients with chronic kidney failure undergoing hemodialysis in the hemodialysis room at ULIN Hospital Banjarmasin.	Appropriate and appropriate family support that is needed by anxiety patients can improve life and provide new energy to live a better life and focus on increasing the meaning of life. On the other hand, inappropriate support can add to the mind and is very important for the patient's anxiety level, for that families and health care providers are expected to provide motivation and support to patients undergoing dialysis to be able to control the chronic stress experienced so that it will improve the patient's quality of life. . patients with chronic health problems.
Aziz & Sudiro, Hubungan Dukungan Keluarga dengan Tingkat Kecemasan pada Pasien Gagal Ginjal Kronis yang Menjalani Hemodialisis di RSUD Dr. Soehadi Prijonegoro Sragen, cross sectional study	2017	The purpose of the study was to determine the relationship between family support and anxiety levels in chronic kidney failure patients undergoing hemodialysis in the hemodialysis room at Dr. Soehadi Prijonegoro Hospital.	Family support in patients with chronic kidney failure who underwent hemodialysis therapy was good in the majority and in the minority the family support provided was lacking. Anxiety levels in kidney failure patients undergoing hemodialysis therapy were the majority with no anxiety levels. There is a significant relationship between family support and anxiety levels in chronic kidney failure patients undergoing hemodialysis therapy.

Armiyati et al., Manajemen Masalah Psikososiospiritual Pasien Chronic Kidney Disease (CKD) Dengan Hemodialisis di Kota Semarang, qualitative methods	2016	The purpose of this study was to obtain an overview of the problem of psychosocial and spiritual management experiences in hemodialysis patients in Semarang	1) Most CKD patients with hemodialysis do not experience psychological problems and socialization problems. Spiritual psychosocial problems that are still experienced by some patients are feelings of anxiety, sadness, fear, hopelessness, low self-esteem, disappointment because their partner left them, blaming God, and impaired worship. 2) Self-awareness, spiritual effort and social support play an important role in overcoming the psychosocial spiritual problems of patients with hemodialysis.
Iriani et al., Support Sistem Keluarga pada Pasien Gagal Ginjal Kronis yang Menjalani Hemodialisa di RSUD Ulin Banjarmasin 2020, descriptive phenomenological qualitative approach with in-depth interviews	2020	The purpose of the study is how the family's experience provides support for chronic kidney failure patients undergoing hemodialysis at Ulin Hospital Banjarmasin.	This study resulted in 9 themes, namely: 1) Information about Hemodialysis, 2) How the Family Provides Support, 3) The Support provided by the Family, 4) The Purpose of the Importance of Family Support, 5) Information Sources of Support provided, 6) Family Expectations after providing support, 7) Barriers to providing support, 8) How the family overcomes barriers when providing support, 9) Family belief that the support provided can improve health

The results of this review article reveal several themes related to social/family support with the incidence of depression and stress in renal failure patients undergoing hemodialysis. On the first theme, some studies reveal that good social support and family support have an effect on increasing hope in chronic kidney failure patients undergoing hemodialysis. The support obtained by patients with chronic kidney failure undergoing hemodialysis plays a role in increasing the patient's ability to improve self-management such as regulating emotions, managing stress, and motivating oneself. Social support and family support also increase motivation and hope for progress for sufferers.

Hope in patients with chronic kidney failure will bring up adaptive coping to overcome the problems experienced by patients with chronic kidney failure. Patients who can cope with stressors well will have good self-management so that patients with chronic kidney failure will be more obedient to the treatment process. According to Green's theory in Health Education Planning, family support for chronic kidney failure patients undergoing hemodialysis will have a positive impact on psychological and physical well-being. Patients with chronic kidney failure who receive support will be cared for, loved, feel valuable to be able to share the burden, increase self-confidence, and grow hope so that they can overcome the stress they experience.

DISCUSSION

Literature Review Results

Of the 16 articles reviewed in this literature review, the researchers found 4 themes, namely; improve self-management and hope for progress, comprehensive family support, emotional support, and appropriate and appropriate family support.

Self-Management and Hope for Progress

Patients with chronic renal failure will have more hope, anxiety, and lower depression when they feel more social support. This study also stated that the perception of social support from the family was a significant predictor of the level of expectations of patients with chronic kidney failure (Yucens et al., 2019). Social support carried out by the family through the fulfillment of information, emotional needs, support from friends, and health workers will lead to adaptive coping by individuals in solving problems caused by stressors. Good support will provide positive encouragement, rational thinking, and psychologically constructive for patients with chronic kidney failure undergoing hemodialysis (Cumayunaro, 2018).

Support from families given to chronic kidney failure patients undergoing hemodialysis can be in the form of positive assessment support and encouragement to move forward. This support has an influence on the level of depression experienced by patients (Mutiarra et al., 2018). Chronic kidney failure patients undergoing hemodialysis who received family support had better self-management than kidney failure patients who did not receive family support. With good self-management, chronic kidney failure patients will be more obedient in carrying out diet, Interdialytic Weight Gain, and medication (Astuti et al., 2019).

Comprehensive Family Support

Family support affects the anxiety level of chronic kidney failure patients undergoing hemodialysis ranging from mild, moderate, to high anxiety. Comprehensive family support such as emotional support, daily life support, material support, and financial support can help reduce patient anxiety (Nugraha et al., 2020). The family support provided consists of instrumental, informational, emotional support, hope support, and self-esteem support that is given throughout the patient's life. This support has a relationship with the quality of life of patients with chronic kidney failure undergoing hemodialysis (Kusniawati, 2018). Family social support received by patients undergoing hemodialysis includes instrumental support, informational support, assessment support and emotional support. Family emotional support can be in the form of paying attention to the patient, providing assistance when the patient is taking treatment and providing proper treatment so that the patient feels comfortable (Simbolon, 2019).

Family support for patients with chronic kidney failure undergoing hemodialysis, both verbally and non-verbally, provides high motivation, and support for patients so that they are always willing to undergo hemodialysis. The amount of support provided by the family is very influential in the treatment and recovery process. Families are very helpful in seeking information about hemodialysis, providing instrumental support in the form of providing transportation assistance or daily expenses, providing emotional support by always providing comfort, and providing assessment/appreciation support by always giving attention, affection, and empathy to the patient (Iriani et al., 2020).

Emotional Support

Forms of emotional support from the family given to patients with chronic kidney failure undergoing hemodialysis include being empathetic, giving attention, encouragement, advice, and knowledge. The higher the family support provided, the lower the level of depression experienced by the patient (Fitrianasari et al., 2017). One form of family support for chronic kidney failure patients undergoing hemodialysis therapy is that family members often take patients to hemodialysis sites and motivate patients to adhere to treatment regimens (Baeti & Maryati, 2018). Forms of family support received based on the emotional appreciation of kidney failure patients undergoing hemodialysis include the family always loving and paying attention to the patient's condition during illness (Muhith et al., 2019).

Appropriate and Appropriate Family Support

Appropriate family support and in accordance with the needs of chronic kidney failure patients undergoing hemodialysis can improve life and provide new energy to live a better life and focus on increasing the meaning of life. Appropriate support, among others, is to share the latest information about the patient's illness and provide treatment facilities for the patient (Al-Kahfi et al., 2017). Family support for chronic kidney failure patients undergoing hemodialysis includes appreciation support, information support, and real support. Appropriate and appropriate reward/assessment support has an influence on the patient's depressive symptoms. A good level of assessment support results in a better patient's quality of life (Pan et al., 2019).

Family support for patients with chronic kidney failure can be in the form of assistance by the closest family while undergoing hemodialysis therapy (Rohimah, 2020). Self-awareness, spiritual effort, and social support play an important role in overcoming the psychosocial spiritual problems of patients with hemodialysis. Family support, among others, is the support of medical facilities and motivating worship (Armiyati et al., 2016). One form of family support to patients with chronic kidney failure is to facilitate patients during hemodialysis therapy and treatment therapy. Families can also support patients by forming harmonious relationships (Aziz & Sudiro, 2017).

The results of a study conducted on 62 kidney failure patients undergoing hemodialysis in Medan said that bio-psycho-social support can reduce anxiety and increase patient expectations (Julianty et al., 2015). Newman in his theory says that, self-management can help patients in improving health outcomes in various chronic diseases (Griva et al., 2018).

Comprehensive or comprehensive family social support, namely interpersonal relationships shown by social and family to chronic kidney failure patients such as emotional support, appreciation, instrumental, information, and care can reduce anxiety and depression levels in chronic kidney failure patients undergoing hemodialysis. This support also has an influence on the patient's quality of life. Research conducted by Sagiyo said that family support has an influence on the quality of life of terminal kidney failure patients undergoing hemodialysis therapy. The better the family support provided by the family to the patient, the higher the quality of life of the patient in undergoing hemodialysis therapy (Sagiyo, 2019). In building support for patients, the patient's family has forms of support, including emotional support, appreciation support, instrumental support, and informational support (Shalahuddin & Rosidin, 2018).

Sukriswati in her research also states that with emotional support, instrumental, information, and appreciation from the family can reduce feelings of sadness, hopelessness, and can improve the psychology of chronic kidney failure patients undergoing hemodialysis therapy (Sukriswati, 2016). Support from families given to chronic kidney failure patients undergoing hemodialysis, namely emotional support, information support, instrumental support, assessment/award support, attendance support while undergoing hemodialysis procedures, and motivational support (Kristianti et al., 2020). Family support is divided into 4 parts, namely emotional support, informational support, assessment support, and instrumental support.

In the third theme, it is stated that one form of support from the family to patients with kidney failure is emotional support. Emotional support includes a sense of empathy, attention, and care given by other people or family to provide a sense of comfort for the sufferer. The support that patients receive from social support from their family includes emotional support and hopeful support such as attention and comfort (Akalili et al., 2020). According to Sarafino et al., emotional support includes feelings of empathy, concern, respect and enthusiasm for individuals. Emotional support is trust, concern, expression of affection, and warm feelings when heard. When willing to listen to the problems experienced, others will make a positive impact as a way to release negative emotions, feelings of stress, and reduce anxiety. Emotional support is support that consists of empathy, affection, and trust. Emotional support is a function within the family for mutual care, love, warmth, and mutual support among family members. Emotional support from the family will form strength in the patient, make the patient feel alive together in bearing the burden and someone pays attention to it, listens to the complaints experienced, sympathizes, and empathizes with the problems experienced by the patient.

In the last theme, in addition to comprehensive family social support, it was also found that appropriate support and according to the patient's needs were also given to chronic kidney failure patients undergoing hemodialysis. Appropriate and appropriate family social support for kidney failure patients has a good influence on the spiritual psychosocial problems experienced by patients. In an article written by Ni'mah, she said that the support of appropriate information from sources who have experience and good knowledge in treatment is needed by patients with chronic kidney failure (Ni'mah et al., 2017). The strategy to increase compliance is the existence of effective and appropriate support between the family and the patient or from the health team such as doctors, nurses such as providing information about the disease (Shalahuddin & Rosidin, 2018).

CONCLUSIONS

The overall findings of this review show that from 16 articles on social/family support for depression in chronic renal failure patients undergoing hemodialysis, the themes include; social support affects self-management and patient expectations for progress, comprehensive family support, emotional support from social and family, and family support that is appropriate and in accordance with patient needs. From all aspects of social and family support provided an influence on depression and anxiety in chronic kidney failure patients undergoing hemodialysis.

SUGGESTIONS

It is recommended that patients with chronic kidney failure must always be sure that family and people in the social environment always provide support, by always thinking positively such as being able to accept the situation experienced, not complaining and

despairing, always trying to recover by undergoing regular treatment, and receiving help from others or trying to stay social.

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