

ABSTRACT

Background: Restless Legs Syndrome (RLS) is a common neurological disorder found in chronic kidney disease patients undergoing hemodialysis. RLS can significantly reduce the patient's quality of life, through ongoing sleep disturbances, decreased physical function, as well as psychological disturbances such as anxiety and depression which overall negatively impact the patient's well-being.

Methods: This study used a quantitative design with a cross-sectional approach. The sample was taken by total sampling using the CH-RLSQ13 screening, obtained 43 CKD patients with RLS who underwent hemodialysis at Raden Mattaher Jambi Hospital. Data were collected using IRLSSG questionnaire for RLS level and RLSQoL for quality of life. Data were analyzed using Spearman correlation test ($p < 0.05$).

Results: Most of the respondents experienced moderate RLS symptoms. As many as 51,2% of respondents had poor quality of life, while the other 48,8% had good quality of life. The Spearman test results show that there is a significant relationship between the level of RLS and quality of life in CKD patients undergoing hemodialysis, with a significance value of 0.001 and a correlation coefficient (r) of 0.598.

Conclusion: There is a significant relationship between the severity of Restless Legs Syndrome (RLS) and quality of life in chronic kidney disease patients undergoing hemodialysis. Therefore, it is recommended that health workers pay more attention to the symptoms of RLS in the management of hemodialysis patients, to improve their overall quality of life.

Keywords: Chronic Kidney Disease, Hemodialysis, Quality of Life, Restless Legs Syndrome

ABSTRAK

Latar Belakang: *Restless Legs Syndrome* (RLS) merupakan gangguan neurologis yang umum ditemukan pada pasien penyakit ginjal kronis (PGK) yang menjalani hemodialisa. RLS dapat menurunkan kualitas hidup pasien secara signifikan, melalui gangguan tidur yang berkelanjutan, penurunan fungsi fisik, serta gangguan psikologis seperti kecemasan dan depresi yang secara keseluruhan berdampak negatif terhadap kesejahteraan pasien.

Metode: Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sampel diambil secara total sampling menggunakan skrining CH-RLSQ13 dan didapatkan 43 pasien PGK dengan RLS yang menjalani hemodialisa di RSUD Raden Mattaher Jambi. Data dikumpulkan menggunakan kuesioner IRLSSG untuk tingkat RLS dan RLSQoL untuk kualitas hidup. Analisis data menggunakan uji korelasi *Spearman* ($p < 0,05$).

Hasil: Sebagian besar responden mengalami gejala RLS tingkat sedang. Sebanyak 51,2% responden memiliki kualitas hidup buruk, sedangkan 48,8% lainnya memiliki kualitas hidup baik. Hasil uji *Spearman* menunjukkan terdapat hubungan yang signifikan antara tingkat RLS dan kualitas hidup pada pasien PGK yang menjalani hemodialisa, dengan nilai signifikansi sebesar 0,001 dan koefisien korelasi (r) sebesar 0,598.

Kesimpulan: Terdapat hubungan yang signifikan antara tingkat *Restless Legs Syndrome* (RLS) dengan kualitas hidup pada pasien penyakit ginjal kronis yang menjalani hemodialisa. Oleh karena itu, disarankan agar tenaga kesehatan lebih memperhatikan gejala RLS dalam penatalaksanaan pasien hemodialisa, guna meningkatkan kualitas hidup mereka secara menyeluruh.

Kata Kunci: Hemodialisa, Kualitas Hidup, Penyakit Ginjal Kronis, *Restless Legs Syndrome*