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The relationship between family support and hemodialysis compliance in chronic kidney failure patients

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Abstract

Background: Chronic kidney failure is a condition in which the kidneys experience a progressive decline in function. Chronic kidney failure sufferers in Yogyakarta are ranked 17th out of 25 provinces, reaching 66,433 patients. Family support is an important factor in the success of compliance with hemodialysis.

Purpose: To determine the relationship between family support and hemodialysis compliance in chronic kidney failure patients at PKU Muhammadiyah Hospital, Yogyakarta.

Method: The design of this study was quantitative with a cross-sectional design method. The sampling technique in this study used purposive sampling with a total of 74 respondents. The instruments used were the family support questionnaire and The End Renal Disease Adherence Questionnaire (ESRD-AQ) which had been modified by (Kim et al., 2010) and translated by (Syamsiah, 2011).

Results: The data obtained showed good family support for 65 respondents (87.8%) and compliant compliance for 71 respondents (95.9%) and the sig value result was 0.000 < 0.5. And the correlation that occurred was in the strong category with a result of 0.602.

Conclusion: There is a significant relationship between family support and hemodialysis compliance in chronic kidney failure patients at PKU Muhammadiyah Hospital, Yogyakarta.

Keywords: Compliance; Family Support; Hemodialysis.

BACKGROUND

Chronic kidney failure is a disease in which the kidneys are damaged in structure or function, characterized by an extensive decline in kidney function for approximately 3 months, and a decline in the *Glomerular Filtration Rate* (GFR) of less than 60ml/minute/1.73 m² or more (Jaya, 2023).

As many as 0.38% or 3.8 people in Indonesia per 1000 population and around 60% must undergo hemodialysis (Researchgate, 2018). The prevalence in Yogyakarta based on a doctor's diagnosis in residents aged ≥ 15 years is 0.43% of the total population in Indonesia or around 10,975 people. The Special Region of Yogyakarta is ranked 17th out of 25 provinces, this result is not much different from

the data on new patients, which reached 66,433 patients (Indonesian Renal Registry, 2018).

One of the therapies for kidney failure patients is hemodialysis, this therapy uses technological devices as a substitute for the kidneys to remove metabolic waste from the blood such as *sodium, potassium, hydrogen, urea, creatinine*, and uric acid (Lubis & Thristy, 2023). Individuals who receive hemodialysis will experience various side effects ranging from physical or psychological such as anorexia, dry mouth, diarrhea, constipation, nausea and vomiting, swelling in the legs, muscle cramps, dizziness, drowsiness, restless leg syndrome, dry skin, cough, pruritus, sleep disturbances, difficulty

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concentrating, chest and back pain, nervousness, sexual dysfunction, and discomfort (Dikmen, 2020). With the many side effects that can occur in patients undergoing hemodialysis, it is impossible for patients to be left to undergo it alone, family support is needed to accompany patients, so that patients remain *viable* so that their quality of life improves (Sari, Bahar, & Hikmawati, 2024).

Family support motivates patients to commit and behave compliantly towards the therapy they are undergoing. Patients with good family support tend to consider and discuss in advance the positive and negative aspects of the therapy to be carried out (Mphasha, Mothiba, & Skaal, 2022). Lack of family support can affect non-compliance of hemodialysis patients and will be detrimental to the patient themselves because it causes the accumulation of harmful substances from metabolic waste in the blood, patients will feel severe pain throughout the body and can even end in death. Therefore, patients must comply with the therapy schedule according to the provisions set by health workers (Iswara & Muflihatin, 2021).

RESEARCH METHODS

Correlational research design with a *cross-sectional approach*. This research was conducted at the Hemodialysis Unit of PKU Muhammadiyah

Hospital Yogyakarta. Data collection for this study was carried out on December 16, 2024 - January 1, 2025.

The population in this study were all chronic kidney failure patients undergoing hemodialysis at PKU Muhammadiyah Hospital Yogyakarta, after a preliminary study was conducted on October 15, 2024, it was found that the number of patient population in the hemodialysis unit was estimated in the last month to be around 90 permanent patients undergoing hemodialysis at PKU Muhammadiyah Hospital Yogyakarta and did not move to other hospitals. The number of samples in this study was 74 patients using *purposive sampling*.

This study used a family support questionnaire instrument (Nursalam, 2017) and the *End Renal Disease Adherence Questionnaire (ESRD-AQ) compliance questionnaire* which has been modified by (Kim *et al.*, 2010) and translated by (Syamsiah, 2011) which has been tested for validity and reliability. Data analysis used in this study was using univariate and bivariate analysis using the *Spearman's rank correlation test* to determine the relationship between family support and hemodialysis compliance. This study has passed the ethical feasibility test with number 00301 / SRIP / KEP-PKU / XII / 2024.

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RESEARCH RESULTS**Table 1**Frequency Distribution of Respondent (N=74)

Variable	Results
Age (n/%)	
17-25	2/2.7
26-35	7/9.5
36-45	11/14.9
46-55	29/39.2
56-65	20/27.0
>65	5/6.8
Gender (n/%)	
Man	44/59.5
Woman	30/40.5
Last education (n/%)	
No school	2/2.7
SD	14/18.9
Junior High School	11/14.9
Senior High School/Vocational High School	41/55.4
College	6/8.1
Work (n/%)	
Doesn't work	19/25.7
Trader	11/14.9
Farmer	8/10.8
Civil servant	4/5.4
Private	26/35.1
Other	6/8.1
Length of Hemodialysis (n/%)	
≤ 4 Years	53/71.6
> 4 Years	21/28.4
Family Support (n/%)	
Good	65/87.8
Currently	6/8.1
Not enough	3/4.1
Aspects of Emotional Support and Appreciation (n/%)	
Always	41/55.4
Often	8/10.8
Sometimes	13/17.6
Never	13/16.2
Instrumental Support Aspects (n/%)	

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Always	56/75.7
Often	7/9.5
Sometimes	8/10.8
Never	3/4.2
Information Support Aspects (n/%)	
Always	58/78.4
Often	3/4.1
Sometimes	10/13.5
Never	3/4.1
Compliance (n/%)	
Obedient	71/95.9
Not obey	3/4.1

Table 1. shows that most of the respondents' ages are in the range of 46-55 years, as many as 29 respondents (39.2%) and the fewest respondents are 17-25 years old, as many as 2 respondents (2.7%). The majority of respondents are male, as many as 44 respondents (59.5%), while female, as many as 30 respondents (40.5%). The most recent education of respondents is high school/vocational high school, as many as 41 respondents (55.4%), while the least are not in school, as many as 2 respondents (2.7%). The majority of patients work in the private sector, as many as 26 respondents (35.1%) and the least are civil servants, as many as 4 respondents (5.4%). Respondents who undergo hemodialysis $\leq$ 4 years are 53 respondents (71.6%) and respondents who undergo hemodialysis $>$ 4 years are 21 respondents (28.4%).

The majority of respondents who have good family support are 65 respondents (87.8%), while respondents who have poor family support are 3 respondents (4.1%). In the aspect of emotional support and appreciation, the majority of respondents answered always as many as 41 respondents (55.4%), while the lowest result was for respondents who answered often as many as 8 respondents (10.8%). In instrumental support, the majority of respondents answered always as many as 56 respondents (75.7%), while the lowest result was for respondents who answered never as many as 3 respondents (4.1%). In information support, the majority of respondents answered always as many as 58 respondents (78.4%), while the lowest result was two answers, namely often and never as many as 3 respondents (4.1%). For compliance, the majority of respondents were compliant with the results of 71 respondents (95.9%), and were not compliant as many as 3 respondents (4.1%).

Table 2 Cross Tabulation of Family Support for Hemodialysis Compliance (N=74)

Family Support		Compliance		Total
		Obedient	Not obey	
GOOD	Frequency (f)	65	0	65
	Percentage (%)	87.8	0.0	87.8%
CURRENTLY	Frequency (f)	6	0	6
	Percentage (%)	8.1	0.0	8.1%
NOT ENOUGH	Frequency (f)	0	3	3
	Percentage (%)	0.0	4.1%	4.1%

Based on table 2, it can be seen that the majority of respondents with good family support with compliant compliance of 65 respondents (87.8%) and non-compliant compliance of 0 respondents (0.0%). While the lowest results are respondents with less family support with compliant compliance of 0 respondents (0.0%) and non-compliant compliance of 3 respondents (4.1%).

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Table 3 *Spearman Rank Correlation of Family Support for Hemodialysis Compliance (N=74)*

Spearman Rank Correlation		Family Support	Compliance
Family Support	Correlation Coefficient	1,000	.602**
	Sig.(2-tailed)	.	.000
	N	74	74
	Correlation Coefficient	.602**	1,000
Compliance	Sig.(2-tailed)	.000	.
	N	74	74

Based on Table 3. above, the sig value is $0.000 < 0.05$, so it can be stated that there is a relationship or correlation between family support and compliance. The closeness of the relationship that occurs is in the strong category, because the correlation coefficient is 0.602.

DISCUSSION

Based on the results of the study in table 1, it was found that respondents who had good family support were 65 respondents (87.8%). Family support is a form of attention from family members to each other in providing assistance and acceptance of health problems in the form of attitudes and actions (Yanti, Afrika, Handayani, & Aquari, 2023). The majority of family support was good with a total of 28 respondents (93%). Family support is an external factor that has a major influence on patient behavior, this support can provide motivation and attention to patients to comply with the appeals and prohibitions given by the health team (Feronika, Bayhakki, & Hasneli, 2025).

Based on the results of the study in table 1, it was found that respondents who had compliant compliance were 71 respondents (95.9%). Compliance is one of the important things in long-term care (Edi, 2020). In this study, the majority of respondents had a compliant level of compliance, according to them if they did not comply with hemodialysis according to the schedule it would have a negative impact on their health conditions. This causes toxins in the body to accumulate so that it can worsen the quality of life (Novita, Tahjoo, & Jus'at, 2022). In addition, in table 3 there were 3 respondents who were not compliant with hemodialysis (4.1%). This is in line with research (Sugiarto, Fitrianti, Wahyuni, & Musta'in, 2024) individuals who are not compliant usually have a poor quality of life, because they feel bored, the duration is quite long and lack of family support so that they are not motivated to routinely undergo hemodialysis.

Based on the results in table 2 of the study, most respondents have good family support with a level of compliant compliance of 65 respondents (87.8%), and in table 3 the sig value is $0.000 < 0.5$, so the closeness of the relationship that occurs is a strong category because a correlation coefficient of 0.602 is obtained. So, from these results there is a relationship between family support and hemodialysis compliance in chronic kidney failure patients, the better the family support, the respondent's compliance in undergoing hemodialysis will be at a compliant level. In this study, the majority of respondents were of the opinion that if they were supported by their family in undergoing hemodialysis, they would feel comfortable, more appreciated, and enthusiastic about undergoing treatment that lasts a lifetime.

The family is the best and closest *support system* for chronic kidney failure patients undergoing hemodialysis in dealing with their health problems (Fitri, Mustikowati, & Manurung, 2023). Family support plays an important role for individuals undergoing long-term treatment programs, this can be formed because patients have people who can build enthusiasm in carrying out the treatment they are undergoing (Ahla, Heriyani, Al Audhah, Haryati, & Skripsiana, 2024). Family support is needed to encourage patients' enthusiasm in undergoing treatment, namely by showing concern, sympathy, and an attitude of wanting to care for patients by involving emotions, assistance, and motivation will make patients not feel lonely in facing crisis situations due to the long-term treatment they are

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undergoing (Sibua & Watung, 2021). Patient compliance depends on the attitude shown by family members as a form of family support so that patients are ready to fight to achieve optimal health in their lives (Akbar, Fauzan, Langingi, & Darmin, 2021).

In line with the results of research conducted by (Ayumar *et al.*, 2022) obtained a p value of $0.015 < 0.05$, which means that the hypothesis is accepted or there is a relationship between family support and compliance of chronic kidney failure patients in undergoing hemodialysis. The same results were also obtained from the study (Mukaromudin, Mulyadi, & Novhriyanti, 2024) found that families who provide good support to respondents have a level of compliant compliance of 77.3%, high family support can have a positive impact on hemodialysis patients.

In table 2, the lowest results are respondents with less family support with non-compliant compliance of 3 respondents (4.1%). In this study, the respondents' answers that caused respondents to be non-compliant in their hemodialysis were that they were people who migrated to the city of Yogyakarta and lived alone so that there was no adequate family role in the respondent's environment. Not all families can provide optimal support, especially in the context of long-term treatment, the level of family support can decrease over time due to emotional, distance, and financial pressures felt by family members (Shi, Wong, Wong, Zhang, Lai, & Gan, 2022). In overcoming patient non-compliance, nurses play an important role in educating by involving the family, this allows the family to gain an understanding that is in line with the principles of nursing which aim to manage the health of each family member such as monitoring treatment and providing visual and written sources of treatment information (Alfian, 2023).

CONCLUSION

Based on the findings of this study, it can be concluded that there is a significant relationship between family support and compliance of chronic kidney failure patients at PKU Muhammadiyah Hospital Yogyakarta with a result of $0.000 < 0.05$.

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