

Self-Acceptance and Quality of Life in Patients Undergoing Hemodialysis Therapy: A Literature Review

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Abstract

Hemodialysis is one of the therapies undertaken by chronic kidney failure sufferers. This therapy takes quite a long time and is carried out routinely to replace the work of the kidneys with a hemodialysis machine. Several variable components have been studied to determine the condition of hemodialysis patients. The variables of self-acceptance and quality of life are often related to the condition of hemodialysis patients, but there has been no research that directly links these two things. Therefore, this study aims to analyze the self-acceptance and quality of life of patients undergoing hemodialysis therapy. The method used in this research is literature review articles from article search engines such as PubMed, Google Scholar, and Science Direct, which were analyzed using the PRISMA technique by including articles published in the last 5 years. The results of the literature review found that there is a relationship between self-acceptance and the quality of life of patients undergoing hemodialysis. The research results for both variables provide linear results. Patients with good self-acceptance will have a better quality of life, too.

Keywords: Chronic kidney failure, Self-acceptance. Quality of life

Introduction

The kidneys are a vital part of the body in life processes, which filter the blood from metabolic waste. This function means that other organs cannot replace the kidneys. This requires the kidneys to be in a normal condition to maintain their function. If the kidneys have problems, then the ability and strength of the sufferer's body will not be able to function optimally. This results in the patient's quality of life being disturbed, namely becoming easily tired and weak [1][2]. Chronic renal failure or *Kidney Disease* is a disease in 18th place as a deadly chronic disease [3][4]. According to the Indonesian Hospital Association Data and Information Center, the number of chronic kidney failure sufferers

reached ± 50 people per one million population, which is confirmed by the number of patients undergoing hemodialysis in 2011, as many as 17,259, in 2012 as many as 22,140 people, in 2013 as many as 21759 people, in 2014 there were 21165 people, in 2015 there were 30554 people, and in 2016 it increased sharply to 52835 people [5][6]. This situation certainly requires appropriate treatment to reduce the number of kidney failure sufferers. Patients with chronic kidney failure who have entered stage 5 or the end require therapy aimed at replacing kidney function in the body [7] [8]. Several therapeutic modalities can be performed: hemodialysis, peritoneal dialysis, and kidney transplantation [9].

Hemodialysis therapy cleans the blood by separating macromolecules from ions and low molecular weight compounds in a solution, which is carried out by exploiting differences in the diffusion rate of a semipermeable membrane. The working principle of this therapy is not to cure but to restore kidney disease and compensate for the loss of kidney metabolism to improve the patient's quality of life [10][11]. In general, hemodialysis therapy is carried out 2 to 3 times a week for chronic kidney failure, which has been scheduled according to the sufferer's condition. Hemodialysis is more appropriate for hemodynamically stable patients who can tolerate more aggressive fluid shifts in 3-4 hours with approximately 300 mL of blood in the filter at any given time [12][13]. Hemodialysis therapy is a treatment that can prevent the death of sufferers [14].

Patients with kidney failure will undergo hemodialysis therapy for a long time. This causes chronic kidney failure sufferers to adapt to the routine activities they have to do, so they need good self-acceptance. Of course, self-acceptance is one of the important things patients must have. *Self-acceptance* or self-acceptance is a condition where a person is willing to accept himself as a whole, namely whole and sincere in all things including the advantages and disadvantages he has [15][16][17]. This aligns with the importance of quality of life for patients undergoing hemodialysis therapy. *Quality of life* or the quality of life of chronic kidney failure patients undergoing hemodialysis therapy is still a problem that attracts attention [18] [19] Several variable components have been studied to determine the condition of hemodialysis patients. The variables of self-acceptance and quality of life are often related to the condition of hemodilas patients, but no research directly links these two things. Therefore, this research was conducted to determine the relationship between self-acceptance and quality of life in chronic kidney failure patients undergoing hemodialysis therapy.

Method

The method used is a literature review or literature review. The review literature was chosen because it produces results in the form of evidence from several studies that have been conducted by previous researchers regarding self-acceptance of patients undergoing hemodialysis therapy and also research related to the relationship related to the quality of life of chronic kidney failure patients undergoing hemodialysis therapy. Article searches used several article databases, namely PubMed, Google Scholar, and Science Direct. Article searches were carried out using the Boolean operator method (AND and OR) with the keywords chronic kidney failure, hemodialysis, self-acceptance, and quality of life. The articles found were then analyzed using the PRISMA technique by including articles published in the last 5 years, the articles were presented in full text, the languages used were English and Indonesian. A total of 10 articles were found which were then reviewed.

Results

After searching for articles using databases, namely PubMed, Google Scholar, and Science Direct, 112 articles were found that matched the keywords. Then a feasibility assessment was carried out using the PRISMA technique, 10 articles were taken for a literature review published from 2019-2023.

Literature Review Table

No.	Authors	Year	Method Study	Sample	Results
1.	- Herlina Malinda - Sandra Sandra - T. Abdur Rashid	2022	Cross-sectional.	88	Chronic kidney failure patients undergoing hemodialysis at Arifin Achmad Regional Hospital, Riau Province were in low self-acceptance (52.3%) with self-management also in the low category (51.1%). Low self-acceptance is due to feelings of fear that arise due to the disease's condition not getting better, as well as feelings of worthlessness and being a burden on the family. This makes them stressed and ultimately unable to accept their illness and unable to adapt to their limitations. Meanwhile, the low level of self-management in patients is because patients do not have self-regulation, knowledge and obedience in carrying out hemodialysis treatment.

2.	- Anik Inayati - Uswatun Hasanah - Sri Maryuni	2020	Cross Sectional with Spearman's rho test.	66	The results of hypothesis testing prove that in Spearman's rho correlation test, $p\text{-value} = 0.001 < 0.05$, which shows a relationship between family support and the quality of life of chronic kidney failure patients undergoing hemodialysis. The Spearman correlation value is 0.393 in a positive correlation direction with low correlation strength, meaning The higher the family support, the greater the quality of life of chronic kidney failure patients undergoing hemodialysis.
3.	- Ike Mardiaty Agustin - Priatna Pangesti - Siti Mutoharoh	2020	Quantitative description	153	The results of the study showed that out of 153 patients, 8 respondents (5.2%) had a good self-acceptance process, while 65 respondents (42.5%) had poor self-acceptance, while 61 respondents (42.5%) needed time to accept themselves. maximum 3 months. The response to self-acceptance in chronic kidney failure patients undergoing hemodialysis is that the response to self-acceptance is mostly good and the time period for receiving it is 3 months.
4.	- Asri Nurul Mamlaty - Rita Dwi Hartanti	2021	Literature review	5	Quality of life assessment is an important indicator to assess the effectiveness of hemodialysis provided and is an important goal in treating end-stage renal failure. The results of the literature review show that the quality of life score in the physical health dimension is low, while in the psychological and environmental dimensions, the quality of life score is high.
5.	- Student Marianna - Sri Astutik	2019	Descriptive analytics	73	The relationship between the impact of hemodialysis on the quality of life of patients with chronic kidney failure in the hemodialysis room at Pasar Rebo District Hospital is that there is no relationship between hypotension and the patient's quality of life, there is a relationship between muscle cramps and the quality of life of hemodialysis patients, there is no relationship between nausea/vomiting and the quality of life of hemodialysis patients, and There is no relationship between dizziness/headaches and the quality of life of hemodialysis patients.

6.	- Ana Khumaeroh - Lestari Sukmarini - Masfuri	2023	Cross-sectional design with consecutive sampling	121	The results showed that there was a significant relationship between self-acceptance and fluid compliance ($p=0.024$). In the multivariate analysis, self-acceptance was the most dominant variable influencing fluid compliance ($p=0.006$). Therefore, it can be concluded that there is a significant relationship between self-acceptance and length of hemodialysis with fluid compliance in terminal renal failure patients undergoing hemodialysis.
7.	- Chairunnisa Novinka - Delpianus Gea - Fadilla Fadsya - Nurmala Sari - Ritha Meicindy Br. Dance - Tiarnida Nababan	2022	Descriptive analysis with cross-sectional research	25	The results of the study stated that the level of achievement of hemodialysis was adequate, with the majority of respondents falling into the adequate group with a good quality of life. The list of Chi-Square test results with a significance level of $p= 0.000$ states that there is a relationship between the accuracy of hemodialysis therapy received at the RSU and the quality of life of patients treated for chronic kidney failure.
8.	- Faridha Alfiatur Rohmaniah - Rita Dewi Sunarno	2022	Literature review	10	High self-efficacy in kidney failure patients undergoing hemodialysis will have a positive impact on their quality of life, especially in undergoing hemodialysis treatment, which can be demonstrated through actions in dealing with every problem they face. High self-efficacy can encourage patients to be routine and obedient in carrying out all stages of treatment, thus helping to overcome health problems that arise both from a physical, psychological, social and environmental perspective.
9.	- Abdul Wakhid - Estri Linda Wijayani - Liya Novitasari	2019	Correlative description with a cross sectional approach.	76	The results of the study showed that patients who had high self-efficacy all had a very good quality of life, while patients with low self-efficacy had sufficient self-efficacy. Individuals with higher self-efficacy will be proactive in maintaining and improving the quality and length of their lives. Therefore, there is a significant relationship between self-efficacy and the quality of life of chronic kidney failure patients undergoing hemodialysis.

10.	- Erni Tri Indarti - Ambarwati Tunic	2023	Cross sectional	28	The results show a relationship between self-acceptance and compliance with hemodialysis in chronic kidney disease patients in the hemodialysis room. Nganjuk Regional Hospital. Chronic Kidney Disease patients who have good self-acceptance will have the ability to cope with anxiety, depression and feelings of hopelessness, so that patients are motivated to recover from their illness. Patients behave obediently in carrying out hemodialysis therapy, so that the quality of life of chronic kidney disease patients can be well maintained.
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Discussion

Patients undergoing hemodialysis therapy experience difficulty managing fluids and dietary restrictions, so they require skills in identifying existing problems and conditions [20]. The patient's self-acceptance regarding changes in circumstances plays an important role in supporting the therapy process. Patients who previously did not have to undergo hemodialysis therapy are now required to carry out this therapy regularly over a long period. Apart from that, the patient's quality of life while undergoing hemodialysis therapy will differ. This, of course, makes it a challenge for patients to adapt and have good self-acceptance regarding this situation. Thus, hemodialysis patients must be able to adapt to the dialysis program, dependence on hemodialysis machines, and changes in lifestyle and lifestyle [21][22].

This statement is supported by the results of a literature review, which shows that several components can influence the condition of patients undergoing hemodialysis therapy. In the first journal, namely according to research by Malinda et al. Hemodialysis patients will experience life changes that impact self-acceptance and *self-management*. In this study, it was explained that the majority of patients' self-acceptance was in the low category. This self-acceptance is the ability and desire to live life by accepting all one's current circumstances.[15][23] This research also states that low self-acceptance is followed by *self management* and low patience too. *Self-management* is a form of effort to carry out activities according to plan, so patients with chronic kidney failure should be obliged to have *management*, which is good, too. The relationship between self-acceptance

is also discussed in the fifth journal, which links self-acceptance to adherence to hemodialysis therapy. According to Indarti & Ambarwati's research, the compliance of chronic kidney disease patients in carrying out hemodialysis therapy according to schedule can be influenced by factors of self-acceptance, patient motivation, patient confidence, family support, social support, and support from health workers. If chronic kidney disease sufferers do not have good self-acceptance, they will experience anxiety, depression and feelings of hopelessness.[18][24] This psychological condition ultimately causes chronic kidney disease patients to have no motivation to recover and not comply with treatment. Therefore, the patient's self-acceptance of an illness plays a very important role in fostering compliance in undergoing treatment.

Quality of life has also been associated with several variables in studying hemodialysis patients. This is contained in the three journals taken in the literature review above. In Inayati et al. research, the quality of life of hemodialysis patients was associated with family support. The test results stated that the correlation results between the two were positive, so the higher the family support, the higher the quality of life of the patient in living his life.[25] Then, in the second study, Rohmaniah & Sunarno's research, quality of life was associated with the self-efficacy of hemodialysis patients. This self-efficacy is a form of confidence to regulate oneself in feeling, thinking, motivating, and behaving. The study results show that self-efficacy affects the quality of life for hemodialysis patients[7][26]. This is also supported by research by Wakhid et al, which states that patients with good self-efficacy will also have a better quality of life. The study also stated that research on the quality of life of hemodialysis patients showed a significant relationship with self-efficacy in these patients [27].

Self-acceptance arises as an attitude that causes awareness of one's abilities and shortcomings, satisfaction, acceptance of characteristics, and feelings of being equal to others. Quality of life can be interpreted as a person's ability to enjoy satisfaction despite being sick. These studies state that the variables of self-acceptance and quality of life have a linear relationship. Patients with good self-acceptance will have a better quality of life, too. Self-acceptance in hemodialysis patients can be used as a basis for adaptation, self-actualization, and calm. Individuals who can accept themselves do not feel afraid about their condition and are honest with themselves. Self-acceptance is necessary to unite body,

mind, and soul. This self-acceptance facilitates adaptation in individuals to find inner peace for a better quality of life.

Conclusion

There is a relationship between self-acceptance and the quality of life of hemodialysis patients. The research results for both variables provide linear results. Patients with good self-acceptance will have a better quality of life, too. Therefore, efforts and support are needed for patients undergoing hemodialysis therapy to have good self-acceptance to support a good quality of life.

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