

ABSTRACT

THE EFFECT OF SOCIAL MEDIA BASED HEALTH EDUCATION ON FLUIDS LIMITATION COMPLIANCE IN END STAGE KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS BASED ON HEALTH PROMOTION MODEL

Until now, one of the health problems around the world is End Stage Kidney Disease (PGTA) patients who still do not comply with limiting fluid intake while undergoing hemodialysis. The purpose of this study was to analyze the effect of Social media-based health education interventions on fluid restriction compliance in end-stage kidney disease patients undergoing hemodialysis based on the theory of health promotion model.

This study uses a quasi-experimental approach with a pretest-posttest control group design. The population of this study was 208 people. Sampling using probability sampling type simple random sampling, so the sample is 20 patients. The independent variable in this study was Health Education based on social media with the dependent variable being fluid restriction compliance. The research instruments are SAP and questionnaire sheets. The data analysis technique used the Independent T-test and the Paired T-test with a value of $\alpha=0.05$.

The results of the study were analyzed using the Independent T-test statistical test, the results of the value of $t = 0.018$ and the Paired T-test value of $t = 0.37$ then $t < t_{table}$, so there is an effect of social media-based Health Education on fluid restriction compliance in kidney disease patients. the final stage undergoing hemodialysis based on the theory of health promotion model.

The conclusion of this study is that after being given a social media-based Health Education intervention, PGTA patients undergoing hemodialysis became compliant with fluid restrictions. PGTA patients should be consistent in fluid restriction, so that the quality of life improves.

Keywords : *social media based health education, compliance, PGTA*