

## ABSTRACT

Chronic renal failure is a condition of abnormality or damage to the structure and function of the kidneys that must undergo hemodialysis to improve their survival. The prevalence of the population in Indonesia undergoing hemodialysis therapy in 2018 was 19.3%, the prevalence of the population in East Java who underwent hemodialysis therapy in 2018 was 22%. Hemodialysis patients will experience depression and decreased quality of life. This study was to determine the effect of dzikir spiritual motivation on depression and quality of life in hemodialysis patients at the Jemursari Islamic Hospital, Surabaya.

The design of this research is True-Experimental with a pre-post test approach to a control group design. The population was 34 hemodialysis patients at the Jemursari Islamic Hospital in Surabaya. The sample size was 34 patients, divided into 2 groups, the intervention and control were taken by using a random sampling technique by lottery technique. Data were collected using a questionnaire. Data analysis used t-test with  $\alpha = 0.05$ .

The results of the paired t-test for the intervention group, the value of  $p = 0.000$ , which indicates that there are differences in depression and quality of life before and after the dzikir spiritual motivation intervention. The results of the paired t-test control group showed no difference in depression and quality of life before and after intervention according to hospital standards. The results of the Independent t-test of the intervention and control groups obtained a value of  $p = 0.000$ , meaning that there is an effect of dzikir spiritual motivation on reducing depression. The results of the independent t-test quality of life for the intervention and control groups obtained  $p = 0.000$ , meaning that there is an effect of dzikir spiritual motivation on improving the quality of life.

The better the spiritual motivation of dhikr in hemodialysis patients can reduce the level of depression and improve quality of life. Nurses accompany patients during hemodialysis to perform dzikir.

Key words: Motivation, Spiritual Dzikir, Depression, Quality of Life, Hemodialysis