

The Relationship Between Social Support and the Meaning of Life in Patients Undergoing Hemodialysis at the Special Kidney Hospital Medan

Maqhfirah DR¹, Desy Adventina Br Ginting²

^{1,2}Department of Psychology, University of Medan Area, Medan, Indonesia-20223

Abstract- This study is a quantitative correlational study which aims to determine the relationship between social support and meaningfulness of life in patients undergoing hemodialysis at a special kidney hospital in Medan. Subjects involved in the study were 40 chronic kidney failure patients who were taken by purposive sampling technique with the criteria being undergoing hemodialysis therapy, aged 20-40 years, and not married. Data collection used two scales, namely the scale of social support and the scale of meaningfulness of life. The result of the product moment correlation calculation shows that there is a relationship between social support and meaningfulness of life in patients undergoing hemodialysis at a special kidney hospital in Medan, which is shown by the coefficient correlation where $r_{xy} = 0.377$ with $p = 0.262 < 0.05$. The empirical mean of the social support variable is 13.08 < from the hypothetical mean, which is 80, which means it is classified as low and the life meaningful variable is equal to 2.89 < from the hypothetical mean which is 17 which also means classified as low. This means that the lower the social support, the lower the meaning of life. The determinant coefficient of $r^2 = 0.142$ which indicates that the meaning of life is influenced by social support by 14.2%.

Keywords- Social Support, Meaning of Life, Chronic Kidney Patients, Hemodialysis.

I. INTRODUCTION

Healthy is something that is considered important for most people. A healthy body makes it easy for individuals to do many of the activities they want. If the body is not maintained in health, it will cause a disease. The diseases that can be caused are various. Plus many important organs contained in the body, and one of these important organs is the kidney. The kidneys have a very big role in maintaining overall body health because the kidneys function to maintain blood composition by preventing the accumulation of waste and controlling the balance of fluids in the body, keeping electrolyte levels such as sodium, potassium and phosphate stable, and producing hormones and enzymes that help in controlling. Blood pressure, makes red blood cells and keeps bones strong.

Chronic kidney disease is a disease that is not contagious but is deadly. Chronic kidney disease can happen to anyone regardless of age, whether they are teenagers, adults or even the elderly. In order to prolong life, patients with chronic kidney disease only have two choices, namely kidney transplantation or hemodialysis therapy. Many people choose to do hemodialysis therapy because it is difficult to find a donor and very expensive costs. Hemodialysis therapy can be done 2-3 times a week which takes 4-5 hours for one therapy.

The first response of a patient who received a doctor's diagnosis of chronic kidney failure was shock and could not accept his condition. As time goes by, the patient begins to accept his situation and has motivation, passion for life, purpose in life and meaning in life. The meaning of life is defined as things that are considered very important and valuable and provide special value to someone, so that they are worthy of being a goal in life. People who have meaning will think that life is not to pursue pleasure or avoid suffering, but to find meaning behind life itself. The meaning of life is personal, specific, absolute, and universal. People who feel their life is meaningful when their goals and what they do are useful. When it is accomplished

According to Frankl (2018), there are three possible sources of meaning in life, including in work (doing something important), in love (caring for others), and in courage in difficult times. Suffering has no meaning, we are the one who gives meaning to suffering by the way we deal with it. Patients also have reasons for living that allow them to be able to cope with how to live. Patients often feel anxious when undergoing treatment, feel bored when waiting for dialysis which can be hours, but it can be seen that patients undergoing hemodialysis therapy can also find and determine the meaning of their life. Judging from the motivation and support provided by the family, making patients undergoing hemodialysis therapy feel motivated and excited to live a current life where they have to undergo dialysis, always taking different medications from the habits they did before. The meaning of life turns out to exist in life itself, and can be found in every pleasant and unpleasant state, happiness and suffering (Bastaman, 2007).

Most humans seek happiness and feel a sense of meaning in life at times of joy. But there are some who feel the meaning of life, when problems come repeatedly and can solve these problems. When that happens, a person needs other people to be able to support and encourage him so that he can feel the meaning of life. So there are several factors that influence the meaning of life, one of the factors that influence the life's survival is social support (Sedjati, 2013).

Social support is very influential for the meaning of a patient's life. According to Gottlieb (in Smet, 1994), social support consists of verbal and / or non-verbal information or advice, real help, or actions given by social familiarity or obtained because of their presence and has emotional benefits or behavioral effects on the recipient. Good social support can

reduce psychological stress, such as depression or anxiety, especially during difficult times. That way social support is needed by patients who are undergoing hemodialysis therapy. Social support that is very influential on patients is social support from family and friends. Hemodialysis patients need story partners to vent the feelings that become burdens they feel and who provide words of encouragement in living life and to keep on living. The absence of family and friends worries patients, including if there is no man who wants to marry him because of the illness he is suffering from, because the developmental task he has to accomplish, according to Havighurst, is to choose a partner, to start a household (Hurlock, 2002).

II. LITERATURE REVIEW

A. Hemodialysis

Hemodialysis is a form of replacement therapy in patients with kidney failure, both acute and chronic. Patients suffering from kidney failure can also be helped with the help of a hemodialysis machine that takes over kidney function. Renal failure patients undergoing hemodialysis therapy, need 12-15 hours for dialysis each week, or at least 3-4 hours per therapy. This activity will continue throughout his life (Bare & Smeltzer, in Nurani & Sulis, 2013). Hemodialysis therapy is high technology as a replacement therapy to remove metabolic waste or certain toxins from human blood circulation, such as water, sodium, potassium, hydrogen, urea, creatinine, uric acid.

Hemodialysis procedure is very beneficial for patients with end-stage renal failure, but it does not mean it is not risky and has no side effects. Various problems and complications can occur in patients undergoing hemodialysis. Hemodialysis complications can cause feelings of discomfort, increase stress and affect the patient's quality of life. Hemodialysis measures significantly impact or affect the quality of life of patients including physical, psychological, spiritual, socioeconomic status and family dynamics (Charuwanno, in Nurani et al, 2013). For people with chronic kidney failure, hemodialysis will prevent death. However,

B. The Meaning of Life

The meaning of life is an individual's appreciation of things that are considered important, felt valuable, are believed to be true, and give a special value to a person, so that they become a purpose in life. If the meaning of life is successfully fulfilled, it will cause the individual to feel a meaningful life and in the end will cause a feeling of happiness (Bastaman, 2007). According to Frankl (2018), the meaning of life can be manifested in a desire to be a useful person for others, whether it be for family, close friends, the state community and even mankind. People who have meaning will think that life is not to pursue pleasure or avoid suffering, but to find meaning behind life itself.

Factors that affect the meaning of life (Sedjati, 2013) include:

1. Self efficacy
2. Social support

The meaningful aspects of life are (Frankl, 2018):

1. The freedom of will
2. The will to meaning
3. The meaning of life

Crumbaugh and Maholick (in Koeswara, 1992) add that the meaningful aspects of life are the meaning of life, life satisfaction, freedom, and attitudes towards death.

According to Frankl (in Pangaribuan, 2016) there are several characteristics of the meaning of life, namely:

1. Live everyday life full of passion and away from feeling empty
2. Have clear life goals, both short and long term, so that they are more focused and feel the progress that has been achieved
3. Duties and daily work is a source of satisfaction and pleasure in itself, so that in the work it is enthusiastic and responsible
4. Being able to adapt to the environment, which means being aware of environmental restrictions, but within these limitations you can still determine for yourself what is best done
5. Realizing the meaning of life can be found in life no matter how bad the situation is, facing it with courage and realizing that there is always wisdom behind suffering
6. The ability to determine personal goals and determine the meaning of life as something of great value and value
7. Being able to love and receive the love of others and realize that love is one of the values of life that makes life beautiful

The meaning of life as conceptualized by Frankl (in Bastaman, 2007) has several characteristics, including:

1. The meaning of life is unique, personal and temporary. This means that everything that is considered significant by someone is not necessarily meaningful to others
2. The meaning of life is specific and real, the meaning of life can be found in experiences and everyday life and is not always associated with abstract, philosophical, idealistic goals and academic achievements. The meaning of life cannot be given by anyone, but must be sought, explored, and discovered for themselves
3. The meaning of life provides guidance and direction for the activities undertaken, so that the meaning of life seems to "challenge" us to fulfill it.

In this life, there are three areas of activity that potentially contain values that allow a person to find meaning in life if those values are applied and fulfilled, namely creative values, experiential values, and attitudinal values. Another thing that can make life meaningful is hopeful values. Hope provides opportunities and promising new solutions and goals that can generate excitement and optimism. Hope contains the meaning of life because of the belief in a change for the better, fortitude in facing bad conditions at this time and an attitude of optimism towards the future (Bastaman, 2007).

C. Social Support

Social support refers to the perceived comfort, care, appreciation, or assistance a person receives from another person or group. This support can come from a variety of

sources - lovers, family, friends, colleagues, doctors, or community organizations (Sarafino, 1994). The environment that provides social support is family, lover, and community members. There are many effects of social support because social support can also positively restore a person's physical and psychological condition, either directly or indirectly (Smet, 1994).

There are several factors of social support (Stanley, 2007), namely:

1. Physical needs
2. Social needs
3. Psychic needs

House (in Smet, 1994) divides aspects of social support into four, namely:

1. Emotional support
2. Information support
3. Instrumental support
4. Hope support

According to Berkman and Leonard (in Sarafino, 1994) there are 4 aspects of social support, namely: marital status, contact with family and friends, church membership, formal and informal group associations.

D. Relationship between Social Support and a Meaningful Life

Social support is a factor in the meaning of life. Social support is a pleasure that is felt as attention, appreciation or help received from other people or groups (Sarafino, in Smet 1994). The environment that provides social support is family, lover, and community members. There are many effects of social support because social support can also positively restore a person's physical and psychological condition, either directly or indirectly (Smet, 1994). With good social support from the environment, individuals are expected to feel accepted, loved, and expected so that they feel they have a good meaning in life. Conversely, if the social support is not good, it is feared that individuals with hemodialysis will feel that they have no meaning in life (Sedjati, 2013)

Social support is quite influential on the meaning of life. It can be explained that the motivation, information, fulfillment provided, especially by the family, is quite influential for the individual concerned. Individuals get support in carrying out daily activities and self-actualization so that the need for meaning or meaning in their lives is met. Individuals who get good social support from their family and social environment will be more enthusiastic in managing their lives to try to be better (Sedjati, 2013).

III. METHODOLOGY

This study uses a quantitative approach with correlational quantitative research type. The population used was 300 patients, namely all patients who were registered to undergo hemodialysis therapy at the Special Kidney Hospital in Medan City. The sample involved in this study was 40 people who were taken using purposive sampling technique with the criteria being undergoing hemodialysis therapy, aged 20-40 years, and not married.

Data collection in this study uses two scales, namely the social support scale which is arranged based on the aspects of

social support proposed by House (in Smet, 1994) including emotional support, information support, appreciation support, instrumental support, and a meaningful life scale which is arranged based on The characteristics of the meaning of life put forward by Frankl (in Pangaribuan, 2016) include the characteristics of living everyday life with passion, having a life purpose, enthusiasm and responsibility in doing tasks and work, being able to adapt to the environment, realizing the meaning of life, the ability to determine personal goals and the meaning of life as something of great value and value, and the ability to love and receive the love of others. The social support scale is arranged using the Likert method with a moving score of 1 to 4, while the meaningful life scale is arranged using the Guttman method with a moving score from 0 to 1.

Analysis of the data used to see the relationship between social support and the meaning of life is to use the Pearson Product Moment correlation. The calculation method is assisted by using the SPSS 18.0 for windows program.

IV. RESULT

1. Test Assumptions

The distribution normality test was analyzed using One Sample Kolmogorov-Smirnov. As a criterion, if $p > 0.05$, the distribution is said to be normal, conversely, if $p < 0.05$, the distribution is declared abnormal. The results of the normality test of the scale of the social support relationship with the meaning of life can be seen in the following table.

TABLE I. Calculation Results of Normality Test

Variable	Average	KS	SD	Sig	Ket
Social Support	60.10	0.686	13,087	0.734	Normal
Meaning Life	9,58	0.737	2,890	0.649	Normal

Information

Average : Average value

KS : The Kolmogorov-Smirnov coefficient Z

SD : Standard Deviation

Sig : Significance

Based on the linearity test, it can be seen that the social support variable has a linear relationship to the meaningfulness of life. As a criterion, if the p difference is < 0.05 , it is stated to have a linear relationship.

TABLE II. Linearity Test Calculation Results

Correlational	F	P	Information
XY	7,848	0.262	Linear

Information:

X = Family Harmony

Y = Juvenile delinquency

F = Linearity Coefficient

P = Proportion of Probability of Error (Probability)

2. Results of Calculation of Person Product Moment Data Analysis

Based on the results of the analysis with the Person Product Moment correlation analysis method, it is known that

there is a significant positive relationship between social support and meaningfulness of life in patients undergoing hemodialysis therapy at the Special Kidney Hospital, Medan City, where 0.017 ; $p < 0.05$. This means that the higher the social support, the higher the meaning of the life of patients undergoing hemodialysis therapy. Or vice versa, the lower the social support, the lower the meaningful life of patients undergoing hemodialysis therapy. Thus, the hypothesis that has been proposed in this study is accepted. In this case, social support has an influence on the meaning of life by 14.2% and 85.8% from other factors which are not examined in this study.

TABLE III. Results of Calculation of Pearson Product Moment Data Analysis

Statistics	Coefficient (ryx)	Koef.Det. (r2)	P	BE%	Information
XY	0.377	0.142	0.017	14.2%	Significant

Information :

- X = Family harmony
- Y = Juvenile delinquency
- ryx = The coefficient of the relationship between X and Y
- r2 = The coefficient of determinant X against Y
- p = Chances of error
- BE% = Weight of the effective contribution of X to Y in percent
- Ket = Significant at the significance level $p < 0.010$

3. Results of Calculation of Hypothetical Mean and Empirical Mean

a. Hypothetic mean

For the social support variable, the number of valid items is 32 formatted on a Likert scale in 4 answer choices, then the hypothetical mean is $\{(32 \times 1) + (32 \times 4)\} : 2 = 80$. Then for the life meaningful variable, the number Valid items are 34 items formatted on a Guttman scale in 2 answer choices, then the hypothetical mean is $\{(34 \times 0) + (34 \times 1)\} : 2 = 17$

b. Empirical mean

Based on data analysis, as seen from the distribution normality test analysis, it is known that the empirical mean of the social support variable is 13.08, while for the meaningfulness of life variable, the empirical mean was 2.89.

c. Criteria

In an effort to find out the criteria for social support and the meaning of life, it is necessary to compare the empirical mean and the hypothetical mean by taking into account the magnitude of the standard deviation (standard deviation) of each variable. For the social support variable, the SD value is equal to 60.10, while for the life meaningful variable the SD value was 9.58. From the magnitude of the SD number, then for the two variables the hypothetical mean > empirical mean, where the difference exceeds the number of one SD, it is stated that social support and the meaning of life are classified as low.

TABLE IV. Results of the Calculation of the Hypothetical Mean Value and the Empirical Average Value

Variable	SD	Average value		Information
		Hypothetical	Empirical	
Social Support	13.08	80	60.10	Low
The Meaning of Life	2.89	17	9,58	Low

V. DISCUSSION

The results of data analysis using the product moment method indicate that there is a positive relationship between social support and meaningful life in hemodialysis patients with $r_{xy} = 0.377$ with $p < 0.05$. This means that the proposed hypothesis is accepted. The determinant coefficient (r2) of the relationship between the social support variable and the meaningful life variable is $r^2 = 0.142$. This means that meaningful life influenced by social support at 14.2%. Based on the contribution percentage, there are still 85.8 influences from other factors. Another thing, it was found that the social support received by hemodialysis therapy patients was classified as low, based on the empirical mean value obtained, namely 60.10 < from the hypothetical mean value of 80 with a difference of SD 13.08. Furthermore that meaningful life Hemodialysis therapy patients were also classified as low based on the empirical mean value obtained, namely 9.58 < from the hypothetical mean value of 17 with the difference in SD value of 2.89.

The results of this study are in accordance with the phenomenon obtained by the researchers, where the majority of patients with hemodialysis therapy at the Special Kidney Hospital in Medan City came alone and were not accompanied by family or friends. low social support and low life meaning. The low level of social support that is obtained makes patients feel insignificant so that they do not have goals that are considered important and have meaning. Bastaman (2017) states that the meaning of life is an individual's appreciation of things that are considered important, felt valuable, believed to be true, and give special value to someone, so that they become goals in life. Actually suffering has no meaning, but we are the ones who give meaning to suffering through the way we deal with it (Frankl, 2018). To deal with this, of course support is needed, namely social support to motivate, provide information, facilitate, and also raise hope.

According to Sarafino (in Smet, 1994), social support is a pleasure that is felt as attention, appreciation or help received from other people or groups. There are many effects of social support because social support can also positively restore a person's physical and psychological condition, either directly or indirectly. This opinion is also supported by research conducted by Sedjati (2013), that social support is very important. Individuals who get good social support from their family and social environment will be more enthusiastic in managing their lives to try better, to carry out daily activities and self-actualization to fulfill the need for meaning or meaning in their lives.

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