HEALTH LITERACY AND STRESS LEVELS IN HEMODIALYSIS PATIENTS AT PROF. DR. H. ALOEI SABOE REGIONAL HOSPITAL, GORONTALO CITY

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Background: Chronic Kidney Failure is a non-communicable chronic disease that particularly affects daily activities due to its complications and treatment. End-stage kidney disease requires a specific therapy, namely hemodialysis therapy using a dialysis machine. Hemodialysis patients, who undergo long-term and complex medical treatment, need adequate health literacy to manage their condition effectively. The hemodialysis process takes a long time, which can cause stress in patients. Objective: To determine the relationship between health literacy and stress levels in hemodialysis patients at RSUD Prof. Dr. H. Aloei Saboe, Gorontalo City. Research Method: This study used a quantitative approach with a cross-sectional design. The population consisted of patients undergoing hemodialysis, with a sample size of 70 respondents selected through total sampling. The instruments used were the HLS-EU-Q16 questionnaire to assess respondents' health literacy and the DASS 42 questionnaire to assess respondents' stress levels. Data analysis was performed using the chi-square test to examine the relationship between health literacy and stress levels. Results: The majority of respondents had low health literacy, totaling 37 respondents (52.9%), and moderate stress levels, also 37 respondents (52.9%). There was a significant relationship between health literacy and stress levels among hemodialysis patients at RSUD Prof. Dr. H. Aloei Saboe, Gorontalo City. The chi-square test yielded a p-value of 0.002 ($\alpha < 0.05$). Conclusion: Health literacy levels have a significant relationship with stress levels in hemodialysis patients. Improving health literacy can be a strategy to reduce stress levels in these patients.

Keywords: Chronic Kidney Failure, Health Literacy, Hemodialysis, Stress