

The Correlation Between *Self-Esteem* And Optimism For The Recovery Of Hemodialysis Patient In The Dr. H. Kumpulan Pane Hospital

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ABSTRACT: This research aims to see the correlation between self-Esteem and optimism for the recovery of hemodialysis patient in the Dr. H. Kumpulan Pane Hospital Tebing Tinggi subdistrict. Subjects in this research are fifty hemodialysis patients in the Dr. H. Kumpulan Pane hospital by using total population sampling technique. By assuming is that the higher the Self-Esteem, so the higher the optimism for healing occurs and the Self-Esteem lower, so the lower the optimism to heal occurs in Hemodialisa patients. Based on the data analysis, the following results are obtained: 1) It is known that there is a significant positive correlation between Self-Esteem and Optimism to heal where $r_{xy} = 0.282$; $P = 0.047 < 0.05$. It means that the better self-esteem means the higher optimism. 2) Based on this result means that the proposed hypothesis is accepted. With the 7.9% contribution of Self-Esteem to Optimism to heal, this means there are still 92.1% more of the other factors that influence Optimism, such as family support, social status, gender, religion and culture. The results of this study is based on the hypothesis with the results of research in the field.

Keywords: self-esteem; optimism; hemodialysis; patient

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I. INTRODUCTION

Disease is one of God's creations that is give to whomever tha He wills. When and how the disease arises, it all depends on Him. God creates disease for one purpose. In human's life, it is found a variety of ways to overcome problems or unpleasant condition. There are people who are easily discouraged, surrenders to the situation, loses the ability to overcome difficulties, even becomes desperate and moody, for example, people who suffers a dangerous disease, which is generally considered the cause of death. When people disregards their health, there are many types of diseases that will threaten health, from mild disease, severe disease to terminal disease. Terminal disease is a disease that can not be cured again and no cure, so it can cause death. There are many terminal diseases, one of them is chronic kidney disease (CKD). Chronic (CKD) is a clinical syndrome caused a decline in kidney function of chronic, progressive and advanced, persistent and irreversible. Based on the data of chronic kidney disease patients, according to the program of the Indonesian Nephrology Association in the form of data collection activities related to hemodialysis, kidney transplant and epidemiological data of kidney disease and hypertension in Indonesia from 2007 to 2014 is the number of new patients continuing to increase from year to year, but the active patients at the end of the year do not increase as many as the new patients.

Hemodialysis is one of replacement therapy to replace some work or kidney function in removing the rest of metabolism and excess fluids and substances that are not needed by the body. Hemodialysis therapy is done routinely for life as much as one to three times a week depending on the condition of the patient of CKD to maintain his life. The hemodialysis system for cronic kidney disease is the only way to survive. While other treatments such as kidney transplantation are still limited because many obstacles must be faced, including the availability of donor kidney, costly, surgical techniques and also care of postoperative. Hemodialysis also raises a number of problems and complications. Physical problems caused hemodialysis therapy include; Hypertension, cramps, fever, infection, anemia, bone disease, bleeding, queasy, and vomiting. Psychological problems cused by hemodialysis therapy include; Stress, depression, boredom, uncooperative behavior, personality changes and suicide (Smeltzer & Bare, 2002). The financial problems raised by hemodialysis therapy are the expensive cost for dialysis, and should be done twice a week. For general patients, for one dialysis costs Rp 800,000 to Rp 1,000,000. Within a month the estimated cost for cronic kidney disease patient for hemodialysis therapy is Rp 6,400,000.00. The cost is not cheap, so this will increase the burden on patients or families. However, there are facilities provided by the government to patients of Healthcare and Social

Security Agency and Health Insurance. In addition, hemodialysis patients will also experience spiritual problems, sufferers will feel hesitant on themselves. Hemodialysis will also cause social problems, hemodialysis patients experience a change in role and lifestyle, so patients need adaptation toward their the condition. One of the factors that influence adaptation of cronic kidney disease patients is optimism for healing. Optimism of healing is one of the factors that influence adaptation to chronic conditions such as cronic kidney disease (Carver et al, 2005). The patient's dependence on dialysis machine for the lifetime cause the change in the ability to run daily life functions that may affect optimistic behavior on the recovery of patients. It is important for patients of CKD because it plays a role to increase positive expectations of the patient's recovery. Behavior optimism on patient recovery is influenced by several factors including: age, education level, marital status, self-esteem, family support, health status, stress, coping and self-efficacy (Karademas, et al. 2009).

Based on the result of interview with the Head of Hemodialysis Unit room Dr. H. KUMPULAN PANE Hospital on December 26th, 2016, he finds the fact that there are still many patients of CKD in this hospital who have optimism to heal well. According to him, the optimism about the healing of some patients of CKD is very good because sometime they feel bored and surrender about their disease. They keep spirit to live and recover, so that patients continue to undergo medical treatment and alternative medicine. It takes patient discipline to keep the physical condition routinely by doing hemodialysis therapy and keep the food, so they have a good physical condition to be optimistic to heal. Patients of CKD does not only suffer physically but also mental suffering such as anxiety disorders, self-esteem, depression or even psychotic. By having these conditions, the patient needs help, not only physical help but also non-physical help, in the form of spiritual help that can rise an optimistic feeling for recovery in facing God's ordeal.

II. LITERATURE REVIEW

2.1 The Definition of Hemodialysis Patient

Hemodialysis is derived from the word "hemo" meaning blood, and "dialisa" means separation of solutes. Hemodialysis is a process for removing liquids and waste products from the body when the kidneys are not able to perform its functions properly (damage of the kidneys). In addition, dialysis is also a process of making solutes and fluids from blood through a semi permeable membrane. It is based on the principle of diffusion, osmosis and ultra filtration. Hemodialysis is a process that is used on patients in acute illness and requires short-term dialysis (several days to weeks) or patients with terminal end-stage renal disease (ESRD) who require long-term therapy or permanent therapy (Nursalam.M, 2006). For patients of chronic Kidney Disease (CKD), hemodialysis will prevent death but it can not cure or restore overall kidney function. Patients suffering CKD should undergo dialysis therapy throughout their life (usually 2-3 times a week for at least 3 or 4 hours each therapy) or to get a new kidney through a kidney transplant surgery. Patients require chronic dialysis therapy when this therapy is necessary to maintain survival and control uremia (Brooker, 2001). Hemodialysis is dialysis done outside of the body, blood is removed from the body through an arterial catheter, then enter into a large machine, inside the machine there are two spaces separated by a semi-permaeabal membrane. Blood is inserted into one space, while the other space is filled by the fluid of the perialis and between the two will occur diffusion. (Corwin, 2009).

Price & Wilson (2005) hemodialysis is a process where diffusion of solute particles and water passively passes through a liquid compartment of blood and goes to another cavity of dyalysate through a semipermeable membrane and dialiser. Hemodialysis means the process of cleansing blood from toxic substances, through the process of filtering outside of the body because the kidneys are no longer able to remove the remnants of metabolism in the body. Hemodialysis uses artificial kidneys in the form of dialisa machine. Hemodialysis is generally known with the term 'dialysis'. Hemodialysis is one way to replace damaged kidney function.

2.2 The Definition of Optimism

In Seligman (1995) Optimism comes from the English word "Optimism" which means the good state is always hopeful. During this time society consider that optimism is like a glass that is filled water fuly as a half-filled glass, and not half empty or by being self-reinforcing with positive sentences, but the meaning of optimism is actually deeper than that. The basis of optimism is how one thinks when facing a problem. Seligman (1991) states Optimism is an overall view, seeing good things, thinking positively, and easily giving meaning to self. An optimistic individual is capable of producing something better than the past, not afraid of failure, and trying to keep rising again if it fails. Optimism encourages individuals to always think that something that happens is the best thing for them. This is what distinguishes themselves with others.

Optimism is the attitude of the individual in facing a good situation and bad situation, Seligman (1990). According to Seligman an optimistic individual is an individual who believes that the failure experienced only temporarily occurs in certain events and circumstances outside of him (the environment) who argue that individuals who have an optimistic attitude does not only avoid depression but also can improve

physical health. Behavior of Optimism to heal does not only brings the individual up to the words that make his heart feel, but also optimism leads to individual lessons in recognizing himself and the world, encouraging individuals to have an active and capable mental to shape themselves. With an optimistic attitude the individual is expected to know the weakness and strength of his/herself in facing any situation, so individuals have the right ability to determine the appropriate expectations with the situation and conditions.

2.3 The Definition of Self-Esteem

According to Coopersmith (in Dewi, 2011), Self-Esteem is the judgment made by an individual against himself because it relates to him/herself. The assessment usually reflects the attitude of acceptance or rejection of him or herself and shows how far the individual believes that he or she is capable of succeeding, feeling important, and valuable. According to Minchinton (1995) Self-Esteem is an assessment of oneself. It is a benchmark of our self-esteem as a human being, based on the ability of self-acceptance and self-behavior or not. It can also be described as self-respect or feelings about self based on beliefs about what and who we really are. Self-esteem is not merely an aspect or a quality of self but a broader sense is related to character and behavior. In this case the importance of Self-esteem is at the core of ourselves being at the foundation of the self that we build in our lives. As long as we do not live alone on this earth, feelings about ourselves can affect how to relate to others around us and to every aspect of our lives. According to James, 1980 Self-esteem is an evaluation of oneself (in Baron, 2003). According to Frey and Carlock (1984), if the self-assessment is positive, where he accepts himself or has a good appreciation of self, then the individual is said to have a high self esteem. Self-esteem indicates a person's decision whether he judges himself negatively, positively, or neutrally placed in a self-concept container.

Self-esteem is an important and popular concept, both in social science and in daily life. Branden (2007) explains that without a healthy self-esteem, individuals will find difficultness to overcome life challenges and to experience the happiness of their lives. Branden also said that self-esteem contains survivalvalue which is a basic needs of human. This allows self-esteem to make a meaningful contribution to the next individual life process, as well as to normal and healthy personal development.

2.4 The Correlation between Self-esteem and Optimism For Recovery on Hemodialysis Therapy Patient

Each individual has different perceptions depending on each individual in behaving the problems that occur within him. If facing it with a positive thinking it will be good Optimism to heal, but if facing with negative thinking it will be bad to heal. This greatly affects the high or low Optimism of one's healing, one of the factors is Self-esteem (Seligman, 1991). Every human being in his life will pass the problems of life. One of them is a patient of CKD who undergo hemodialysis therapy. Patient's dependence on hemodialysis machine for lifetime, role change, lose of job and income are stressors that can cause depression of hemodialysis patients (Septiwi, 2010). One of the factors that influence adaptation of cronic kidney disease patients is optimism for healing. Optimism of healing is one of the factors that influence adaptation to chronic conditions such as illness failure (Carver et al, 2005). The patient's dependence on a dialysis machine for lifetime causes a change in the ability to run daily life functions that can affect optimism for the recovery of patients of CKD. It is important for patients because it plays a role to increase positive expectations of the patient's recovery. Optimism toward patient recovery is influenced by several factors including: age, education level, marital status, self-esteem, family support, health status, stress, coping and self-efficacy (Karademas, et al. 2009). Self-esteem (self esteem) greatly affects the behavior or self-assessment done by a person in perceiving the stimuli that he receives that usually relates to himself where each individual will show attitude based on the individual character. The perception of each individual in facing his problem depends on self-esteem. Based on the explanation above that Self-Esteem is the judgment made by an individual against himself because it relates to him/herself. The assessment usually reflects the attitude of acceptance or rejection of him or herself and shows how far the individual believes that he or she is capable of succeeding, feeling important, and valuable.

According to Seligman (1991), high self-esteem will positively influence individual both of attitudes and behaviors to be more optimistic about their recovery, for example optimistic individuals will continue to undergo or do medicinal treatment by trying to reach positive expectations, sure of the advantages possessed. The optimistic individuals usally work hard to face daily challenge of challenges effectively, pray and recognize the luck factor and other factors that contribute to their success, feel confident of having the power to eliminate negative thinking, strive to increase self-power, and use innovative thinking to reach success.

In a research conducted by Seligman (Seligman, 2008), the results of optimism is very influential on psychological and mental health of a person, and can improve the immune system and reduce stress levels. Patients of CKD undergo hemodialysis therapy still want to seek treatment because they believe that he is capable, important, successful, and valuable. A person who has good optimism will have a high self-esteem that gives motivation or a constructive attitude and fosters an optimistic attitude otherwise the lack of self-esteem will degrade even eliminate one's optimistic attitude (in Lestari & Koentjoro 2002) Therefore, the individual's

success in perceiving problems in his life can be influenced by his self-esteem. In the life of every individual, the behavior of optimism is very important in the implementation of his life purpose. This is because hemodialysis therapy patients with high self-esteem will have optimism for higher recovery when compared with patients with low self-esteem (Frey and Carlock, 1984).

III. METHODOLOGY

3.1 Research Approach

One important element in scientific research is the existence of a method that is used to solve the problems, so the obtained will be accounted for. Based on this case, this chapter will describe about: (A) Identification of Research Variable (B) Operational Definition of Research Variables, (c) Population and Sampling Methods, (D), Data Collection Methods, (E) Validity and Equipment Reability, and (F) Data Analysis Method.

The variables used in this research are:

1. Free Variable : Self-esteem (self esteem)
2. Dependent Variables : Optimism to heal

3.2 Operational Definition of Research Variables

In this research it is necessary to give the definition of research variables. This is done to avoid incurring definition and overview over of the term used. Based on the theory that has been used or presented, the researcher will formulate the operational definition which is the operational definition of the researched variables in this research. The operational definition of this research is formulated as follows:

a. Operational definition of Self-esteem

Self-esteem is an assessment made by an individual him/herself because it relates to him/herself that usually reflects acceptance or rejection of him/herself and shows how far the individual believes that he or she is capable of being successful, feeling important, and valuable. Aspects in Self-esteem are Significance, Individual Power, Competence and individual Obedience and virtue.

b. Operational definition of Optimism to heal

Optimism to heal is a series of personal attitudes, hopes and an overall view, seeing good things, and positive thinking in facing problems both good and bad condition that everything will run to the good, so it is easy to give meaning to self in achieving the desired goals. The optimistic characteristics, namely: confidence, positive thinking, having a flexible settlement style (praying and always grateful) and rarely getting stress in facing difficult situations (ready to face challenges).

3.3 Population Dan Sample

According to Hadi (2000) the population is all residents or individuals who have at least the same characteristics. Population in this research is 50 patients of hemodialysis therapy in Dr. H. KUMPULAN PANE Hospital. In determining the sample, the researcher is guided by the expert's opinion of Arikunto (1999) that states if the population is less of 100 people, it is better to take all, so the research is the total population research. Based on the opinion above, the researcher takes the entire population taken as a sample of 50 people.

The researcher uses questionnaires to collect data which there are a set of pre-arranged questions. The data are collected by using Guttman scale, the data obtained with interval data or dichotomy ratio (two alternatives) are "Yes" or "No", so the researcher hopes to get answer of a researched problem. The answer of the respondent can be made the highest score "one" and the lowest score "two", for alternative answers in the questionnaire, the researcher set the category for each positive question, that is Yes = 1 and No = 2, while the category for each negative question is yes = 2 and No = 1. In this study the researcher uses the Guttman scale in the form of Checklist, thus the researcher hopes to get a firm answer regarding the obtained data.

a. *Self-esteem Scale*

The scale is composed of Self-Esteem aspects such as Self-significance, Individual Power, Competence and individual Obedience and virtue.

b. Optimism Scale to heal

The scale is composed of the characteristics of Optimism to heal that is: confidence, positive thinking, Having a flexible settlement style (praying and always grateful) and rarely getting stress in facing difficult situations (ready to face challenges).

c. Validity Test and Reliability

According to Arikunto (1997) the data in this research have the highest position, because it is a depiction of the variables studied, and serves as a tool to prove the hypothesis. Therefore, whether it is the data or not, depending on good or not of the data collection instrument. A good instrument must meet two important requirements, namely valid and reliable.

Validity Test

Arikunto (1997) states that a measuring instrument is said to be valid if it is able to measure what is desired. An instrument is said to be valid if it can reveal data from the researched variables appropriately. The high or low validity of the instrument indicates how far collected data does not deviate from the description of validity. After obtaining the data of instrument test, the researcher tabulated the Guttman table by compiling the items based on score of the answer "Yes" score up to the lowest, Guttman tabulation results attached. Because the instrument in this study uses questionnaires with Guttman scale, the to obtain the validity of the questionnaire instrument, the researcher uses the coefficient of reproducibility and scalability coefficient. The formula for calculating Reproducibility coefficients and scalability coefficients, as follows:

Reproducibility Coefficient (Cr), The formula is:

$$K_r = 1 -$$

Description:

- K_r : Reproducibility Coefficient
- : Number of errors / error values
- : The total number of answer choices (number of questions x number of respondents)

Scalability coefficient (Ks), The formula is:

$$K_s = 1 -$$

Information:

- K_s : Scalability Coefficient
- : Number of errors / error values
- : $0.5 (\text{Number of questions} \times \text{number of respondents}) - \text{number of answers "Yes"}$

Reliability Test

Reliability of measuring instrument is to find and know how far the measurement results can be trusted. Reliable can also be said belief, stability, consistency etc. Measurement results can be trusted if in several times the implementation of measurements on the same subject group obtains relatively similar results as long as in the measured subject has not changed (Azwar, 2012).

The reliability test in this instrument test is by Alpha Cronbach.

The formula is:

$$= ()$$

Information :

- : Reproducibility Coefficient
- : Number of question items tested
- : The number of variance score items
- : Varians score 0 test scores (all K items)

Data Analysis Technique.

Data analysis method used in this research is product moment of Karl Pearson. The reason of using this correlation technique because in this research it has purpose to see correlation between a free variable and one dependent variable.

$$r_{xy} = \frac{\sum xy - (\sum x)(\sum y)}{\sqrt{\left\{ \left(\sum x^2 \right) - \frac{(\sum x)^2}{N} \right\} \left\{ \left(\sum Y^2 \right) - \frac{(\sum Y)^2}{N} \right\}}}$$

Explanation :

r_{xy} = Coefficient of correlation between independent variables (Self-esteem) and the dependent variable (Optimism to recover)

- $\sum xy$ = Number of multiplication results between variables x and y
- $\sum x$ = Total score of all free variabels x
- $\sum y$ = Total score of all free variables y
- $\sum x^2$ = The number of squares of score x
- $\sum y^2$ = The Number of squares of score y
- N = The Number of Subject

Before the data is analyzed by product moment of correlation technique, then first assumption teste is done toward the research data which include:

- a. Normality test, namely to know whether the distribution of research data of each variable has spread normally.
- b. Linearity test, namely to know whether the data from Self-esteem has a linear correlation with Optimism to recovery on chronic kidney disease patient.

IV. DISCUSSION

The answer of the respondent can be made the highest score "one" and the lowest score "two", for alternative answers in the questionnaire, the researcher set the category for each positive question, that is Yes = 1 and No = 2, while the category for each negative question, yes = 2 and No = 1. In this research the researcher uses the Guttman scale in the form of Checklist, thus the researcher hopes to get a firm answer regarding the obtained data.

Table 1. Distribution of Self-esteem Scale before Reseach Test

No	Aspects	Indicators	Numerals
1	Signifinance Self	• there are attention, care and love from other people	2,3,4,8
		• there is self acceptance	1,5,6,7
2	Individual Power	being able to influence other people and control self behaviour	9,10,14
		• there is acknowledgment and homage from other people	11,12,13,15
3	Competence	• being able to decide and solve the problem	16,17,
		• doing work and duty well	18
4	Virtue	Behaving based on standard of morality, ethic, and religious principle	19,20

Furthermore, the optimism scale to recover in this study is based on the characteristics proposed by Carver and Scheier (in Snyder & Lopez, 2003), namely: Self-confidence, Positive Thinking, Having a flexible style (praying and always grateful) and Rarely getting stress in facing difficult situation (ready to face challenges).

Table 2. Distribution of Optimism Scale to recovery before Test

No	Characteristics	Indicators	Numerals
1	Self Confidence	• being sure toward self ability	1,2
		• no hopeless	3,4,5
		• Having positive hope	6
2	Positive Thinking	• Strong cofidence	7,8,9,10
		• positive view about self	11,12,13
		• Optimis ic of facing something	14,15,16,17,18
		• Having spirit to heal	19,20
3	Having a Flexible Style	• believe to Lord that all disease has medicine	21,22
		• cheerful either happy or sad	23,24
		• there is a support envirotnment to heal	25,26,27
4	Rarely getting stress in facing difficult situation (ready to face challenges).	Brave/ being able to accept the reality / condition	28
		Consedering either the difficult problem or not can be solved	29,30
		• changing the worry become positive shadow	31
		• Following Doctor's suggestion	32

The scale above is based on Guttman scale. researcher uses questionnaires in collecting data containing a set of previously prepared statements. The data is collected by using Guttman scale, the obtained data with interval data or dichotomy ratio (two alternatives) are "Yes" or "No", so researcher hopes to get a firm answer to a researched problem. The answer of the respondent can be made the highest score "one" and the lowest score "two", for alternative answers in the questionnaire, the researcher set the category for each positive question, that is Yes = 1 and No = 2, while the category for each negative question, yes = 2 and No = 1. In this research the researcher uses the Guttman scale in the form of Checklist, thus the researcher hopes to get a firm answer regarding the obtained data.

4.1 Test of Research Measuring Instrument and Research Implementation

In this research, the researcher uses used *try Out* which carried out from April 10 th to 19 th 2017 as data to reveal the required variables. If *try out* uses subjects taken from the population and from processing data that is known that the measuring instrument is good, the data can be added or used as data in the study. Conversely, if the test data indicates that the measuring instrument is still not good, then naturally if the data is

used (Arikunto, 2006). Creating a value format first bases on the scores on each sheet, then the scores that are the subject choice on each statement item are transferred to millimeter paper formatted based on the data tabulation requirement, where the lines is for the statement number and the line is for the subject number.

Table 3. Statement Items Distribution of Self-Esteem Scale After Validity Test and Realibility

No	Aspects	Indicators	Item Numerals		Total
			Valid	Invalid	
1	<i>Self Signifinance</i>)	Adanya perhatian, kepedulian, dan kasih sayang dari orang lain. there are attention, care and love from other people	2,3,8	4	8
		• there is self acceptance	1,5,7	6	
2	Individual Power	being able to influence other people and control self behaviour	9,10,14		7
		• there is acknowledgment and homage from other people	1,13,15	12	
3	Competence	being able to decide and solve the problem	16,17,		3
		• doing work and duty well	18		
4	(Virtue)	Behaving based on standard of morality, ethic, and religious principle	19,20		2
TOTAL			17	3	20

Tabel 4. Statement Items Distribution of Optimism Scale to recovery After Validity Test and Realibility

No	Characteristics	Indicators	Item Numeral		Total
			Valid	Invalid	
1	Self Confidence	• being sure toward self ability	1,2		6
		• no hopeless	3,	4,5	
		• Having positive hope	6		
2	Positive Thinking	• Strong cofidence	7,8,9,10		14
		• positive view about self	11,12,13		
		• Optimis ic of facing something	14,15,16,17,18		
		• Having spirit to heal	19,20		
3	Having a Flexible Style	believe to Lord that all disease has medicine	21,22		7
		• cheerful either happy or sad	24	23	
		there is a support environment to heal	25,27	26	
4	Rarely getting stress in facing difficult situation (ready to face challenges).	• Brave/ being able to accept the reality / condition		28	5
		• Consedering either the difficult problem or not can be solved	29,30		
		changing the worry become positive shadow	31		
		• Following Doctor's suggestion	32		
TOTAL			27	5	32

4.2 Data Analysis and Research Result

Data analysis technique used in this research is using *used Try Out system*, which means that data have been taken in test of measuring scale, again used as data for hypothesis testing. This is done because of the limited number of research subjects. The consequence of using this system is if the measurement data of the measuring scale does not meet the validity and reliability requirements, then this research can not proceed. Furthermore, based on the results of the Optimism scale test to recover, from 32 points statement, there are 5

invalid and 27 items valid. Then the Self-esteem scale, it is known that from the 20 point statement, there are 3 invalid and 17 items are valid. In line with the system used in this research, the data from the valid items are taken for use as research data. The point is that the value of the valid items is recalculated, then after the known amount of Self-esteem value, paired with the number of values of Optimism scale To heal. It can be expressed as the independent variable (X) is Self-esteem and as the dependent variable (Y) is Optimism To heal.

4.3 Assumptions Test

a. Test of distribution Normality

The test of the distribution normality is to prove that the dissemination of research data is the center of attention, spreading on the basis of normal curve principles. Based on the analysis, it is known that the data variable of Self-esteem and Optimism To recover following the normal distribution is distributed by the principle of normal curve of Ebbing Gauss. As a criterion if $p > 0,050$ then the distribution is said to be normal, otherwise if $p < 0,050$ the distribution is not normal (Hadi and Parmadingsih, 2000)

Table 5. The Calculation Result Summary of Distribution Normality Test

Variable	Mean	SB	K-S	P	Information
Self-esteem	30,22	5,403	0,875	0,428	Normal
Optimism to Heal	36,58	2,956	0,732	0,658	Normal

Information :

- RERATA : Average Value
- K-S : Coefficient of Kolmogrov-Smirnov
- SB : Devision Standard
- P : Chance of Error

b. The Linearity Test Correlation

The Linearity Test Correlation is intended to determine the degree of correlation between independent variables and the dependent variable in this research. This means whether Self-esteem can explain Optimism to Heal. Based on the linearity test, it can be seen whether the independent variable with the dependent variable in this research can or not be analyzed correlationally. The result of analysis shows that between Self-esteem variables have a linear correlation toward Optimism variable to Heal. As a criterion when $p > 0.050$ it can be expressed to have a degree of linear correlation (Hadi and Pamardingsih, 2000). Correlation values can be seen in the table below.

Tabel 6. Calculation Result Summary of Linearity Test Correlation

Correlation	F Difference	P Difference	Information
X-Y	3,805	0,031	Linear

Information :

- X : *Self-esteem*
- Y : Optimism to heal
- F Beda : coefficient of Linearity
- P Beda : Chance of Error

4.4 The Calculation Result of Product Moment Correlation Analysis

Based on the calculation of Product Moment Correlation Analysis, it is known that there is a positive correlation between Self-esteem and Optimism to heal. This result is proved by correlation coefficient $r_{xy} = 0,282$; $P < 0.050$. This means that the contribution of independent variables (Self-esteem) toward the dependent variable (Optimism To Heal) is coefficient of reflection (r^2) 7.9%. This means that Self-esteem affects Optimism to heal quite significantly. Thus, the hypothesis that has been proposed in this research is accepted

Tabel 7. The Result Summary of Product Moment Correlation Analysis

Statistic	Coefficient (r _{xy})	Coef. Det.	P	BE%	Information
X-Y	0,282	0,079	0,047	7,9%	S

Information:

- X : *Self-esteem*
- Y : Optimism to heal
- R_{xy} : Coefficient of Correlation Between Variable X and Y
- Coef. Det. : Coefficient of Determinant X toward Y
- P : Chance of Error
- BE% : Integrity of Effective Contribution X toward Y in percent

S : Very significant on significance level

4.5 Calculation Result of Hypothetical Mean and Empirical Mean

a. Mean Hypothetical Value

The number of statements used in exposing Self-esteem is as much as 20 items formatted with Gutmann's scale in 2 choices of answers, the hypothetical mean is $(17 \times 1) + (17 \times 2): 2 = 25.5$. Then for the Optimism variable to recover, the number of items is 32 items formatted with Gutmann scale in 2 choices of answers, then the hypothetical mean is $(27 \times 1) + (27 \times 2): 2 = 40.5$.

b. Mean Empirik

Based on the data analysis of the assumption test (normality test), it is known that the mean value or empirical mean of Self-esteem is 30.22 And the mean value or empirical mean of optimism to heal is equal to 36.58.

c. Criteria

In an effort to get and know how conditions of Self-esteem and optimism to heal of Hemodialysis patients, it is necessary to compare between empirical mean and hypothetical mean by taking attention to the number of SD of each variable. For Self-esteem variable, the SD number is 5.403 while for variable of Optimism to recover, its SD number is 2,956

Table 8. Calculation Result of Hypothetical Mean and Empirical Mean

Variable	SD	Mean		Information
		Hypothetical	Empirical	
Optimism to heal	2,956	40,5	36,58	Low
Self-esteem	5,403	25,5	30,22	Medium

Based on the comparison of mean above (Hypothetical Mean and Empirical Mean), it can be stated that Self-esteem on Hemodialysis patient is medium while optimism to heal is low.

Based on the result of hypothesis test with research subject of Hemodialysis patient in Dr. H. Kumpulan Pane Hospital Tebing Tinggi Subdistrict, it is conducted by calculating Product Moment correlation analysis obtained correlation coefficient of $r_{xy} = 0.282$; $P = 0.047 < 0.050$. This shows that there is a significant positive correlation between Self-esteem variables and optimism variable to recover. This is equal with the opinio of Frey and Carlock (1984), if the self- assessment is positive where s/he accept him/herself or has a reward for self, the individual is said to have a high Self-esteem. Self-esteem indicates someone's decision whether the subject is judging him negatively, positively, or neutrally placed in a self-concept container. A high self-esteem will positively affect to individual attitudes and behaviors to be more optimistic about their recovery, for example an optimistic individual for his recovery will seek to achieve hope with positive thinking and prayer. Based on these results, the hypothesis says that the higher Self-esteem of someone, the the Optimism to heal the patients Hemodialisa is higher, on the contrary if the Self-esteem is lower, the Optimism to heal is lower. What the patients of CKD need is to run hemodialysis therapy continually and regularly. By undergoing hemodialysis therapy implemented by patients of CKD is very helpful for the life of each patient. Support of family and believe in God Almighty, the patients get the source of meaning in their lives, they believe that all has wisdom, each of them can only surrender and keep trying and pray to stay strong to run this life.

From the results of research, Self-esteem gives 7.9% influence on Optimism to heal. From the results, it can be stated that there are still 92.1% influence of other factors on the behavior of Optimism to recover where the factor is ethnocentric factors, in the form of family, social status, gender, religion and culture and egocentric factors in the form of aspects of personality that has Uniqueness itself and different between one person and another is self-confidence, accumulated successful experience, social support. According to Seligman, an optimistic individual is an individual who believes that the failure experienced only temporarily occurs in certain events and situation that argue that individuals who have an optimistic attitude not only avoid depression but also can improve physical health. The Actor Optimism to heal does not only brings the individual up to the words that make his heart feel, but also optimism leads to individual lessons in recognizing him/herself and the world, encouraging individuals to have an active and capable mental to shape themselves. By being an optimistic attitude, the individual is expected to know the weakness and strength him/herself in facing any situation, so individuals have the right ability to determine expectations based on the situation and conditions. In this research the effective contribution of Self-esteem variable is 7.9%.

Based on these SD numbers, the Self-esteem variable when the mean of hypothesis <mean /empiric mean having the difference exceeds 5.403, it is stated that Hemodialisa patients have high self esteem and if Mean / mean hypothetical value> / empiric mean value where the difference exceeds 5.403, it is stated that

Hemodialisa patients have low self-esteem. if the mean / empiric mean difference with hypothetical does not exceed the SD number (5,403), Self-esteem (self-esteem) of Hemodialisa patients is moderate.

V. CONCLUSION

Based on the results of the reseach, it can be concluded that the hypothesis accepted which means there is a positive correlation between Self-esteem and Optimism to heal. This is indicated by the amount obtained correlation coefficient of $r_{xy} = 0.282$; $P = 0.047 < 0.050$. This means that the higher Self-esteem (self esteem) of someone, then the optimism to heal is higher. Self-esteem is very influential and supportive to be optimism about the healing of Hemodialisa patients with self-esteem, so they still think and believe that they are capable, important, and valuable. There is a significant influence between Self-Esteem and Optimism to heal in Hemodialysis patients. Thus to motivate the patient's healing does not only gives attention to the physical aspect, but also provides therapy both psychological and spiritual approaches. Therefore, optimism behavior towards healing is needed in overcoming the soul of the patient. Patients undergoing hemodialysis who wish to recover are expected to have confidence and positive thinking about healing accompanied by prayer. Thus they have optimism to recover will reduce the difficulty / pressure of his life by training themselves to control the effects of treatment in the long term.

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