

## **ABSTRACT**

*Patients with kidney failure who undergo long-term hemodialysis will be faced with various problems, including being unable to maintain a job and resulting in financial problems. Chronic kidney disease is a disease that attacks gradually and causes various psychological ailments, such as depression, anxiety and self-isolation. This study aims to determine the effectiveness of Benson's relaxation on the level of depression in patients undergoing hemodialysis at Universitas Brawijaya Hospital, Malang.*

*The type of research that will be used in this research is to use the pre-experimental design method with the type of pre-test and post-test one group design. The research was conducted in January-February 2023 With a total sample of 30 respondents with total sampling technique. Test the analysis using the Wilcoxon test.*

*The results showed that the majority of respondents with depressive symptoms were 20 respondents (66.7%) before being given Benson Relaxation and 22 respondents (73.3%) were not depressed after being given Benson Relaxation.*

*From the results of the test using the Wilcoxon test, the value of  $p < 0.05$ , namely  $p = 0.001$ , which means that there is an effectiveness of Benson relaxation on the level of depression in patients doing hemodialysis at Universitas Brawijaya Hospital, Malang.*

*It is recommended that health workers, especially nurses who accompany clients during hemodialysis, should always remind clients to do Benson relaxation if they experience symptoms of anxiety and depression.*

**Keywords:** *Benson Relaxation, Depression level and Hemodilysis.*