

***Single Case Study: Description of Motivation and Barriers to Stretching Exercise in Patients Undergoing Hemodialysis***

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***Abstract***

***Background :*** Activities that are easy and can be done by patients while undergoing hemodialysis, which usually takes a long time, include stretching exercises. Stretching Exercise is a method of moving the body by stretching muscles and tendons, which makes the muscles more flexible, thereby reducing pain in certain parts of the body. This exercise also has additional benefits in the dialysis process by reducing the toxic effects of uremic syndrome which can cause complications. Some patients undergoing hemodialysis have two different perceptions, namely patients who agree with stretching exercises for hemodialysis patients and patients who are hesitant to do this exercise.

***Purpose :*** The aim of this research is to determine the motivation and barriers to stretching exercise in patients undergoing hemodialysis. ***Method :*** This research uses a qualitative case study design. The focus of this study is a holistic multiple case study or subject that focuses on several subjects in accordance with the inclusion criteria for an in-depth study of the description of motivation and barriers to stretching exercise in patients undergoing hemodialysis. ***Results :*** The results of the case study in this research after the coding process obtained 5 themes, namely, 1) Improving Health and Quality of Life, 2) Support System, 3) Feelings that reduce motivation, 4) Poor Physical Conditions, 5) Lack of motivation. Supporting Information. ***Conclusion :*** Based on the results of this research, it was found that the perceived benefits of stretching exercises to improve health and quality of life assisted by a support system can greatly influence the motivation to do stretching exercises in hemodialysis patients. Apart from motivation, of course there are obstacles that can prevent hemodialysis patients from doing stretching exercises, namely feelings that can reduce motivational information, fatigue and lack of support.

***Keywords :*** hemodialysis, motivation, barriers, stretching exercise