

Universitas Ngudi Waluyo
Program Studi S1 Keperawatan
Fakultas Kesehatan
Skripsi, Januari 2021
Marliana
NIM 012191002

Tingkat Kecemasan Pasien Tuberkulosis pada Fase Intensif di Balai Kesehatan Masyarakat Wilayah Magelang

ABSTRAK

Latar belakang : Pasien TB pada fase intensif menghadapi perilaku baru yaitu minum obat dalam jumlah banyak setiap hari dalam waktu lama, dan akan mengalami efek samping, sehingga pasien akan cemas saat menjalani pengobatan TB pada fase intensif selama 56 hari pertama. Tujuan penelitian ini untuk mengetahui tingkat kecemasan pasien TB pada fase intensif di Balkesmas Wilayah Magelang.

Metode : Penelitian ini menggunakan desain deskriptif, menggunakan pendekatan *cross sectional*. Sampel dalam penelitian ini sejumlah 24 responden, menggunakan teknik *sampling jenuh*. Instrumen yang digunakan kuesioner HARS untuk kategori tingkat kecemasan. Analisis data yang digunakan adalah analisis univariat.

Hasil : Hasil penelitian ditemukan bahwa sebagian besar responden mengalami tingkat kecemasan sedang sejumlah 14 responden (58,3%). Pada usia lansia awal lebih mengalami kecemasan 33,3%, dan responden berjenis kelamin laki-laki lebih dominan mengalami kecemasan sebanyak 54,2%, serta pada tingkat pendidikan menghasilkan 50,0% pada pendidikan rendah dan sedang.

Simpulan : Hasil penelitian ini diharapkan pasien mampu menjaga motivasi dan konsistensinya terhadap pengobatan yang sedang dijalannya. Pasien juga harus selalu semangat dan meningkatkan asupan nutrisinya serta mengkonsumsi vitamin tambahan. Pemberi asuhan keperawatan mengelola pasien secara komprehensif dan holistik sehingga pasien dengan coping positif mampu menurunkan tingkat kecemasannya. Harapannya pasien mampu menyelesaikan pengobatannya dan tidak ada kasus drop out atau putus obat.

Kata kunci : Tuberkulosis, Fase Intensif, kecemasan

Ngudi Waluyo University
Nursing Undergraduate Study Program
Faculty of Health Science
Thesis, January 2021
Marliana
012191002

**The Anxiety Levels of Tuberculosis Patients during Their Intensive Phase at
the Public Health Center in Magelang**

ABSTRACT

Background: Tuberculosis patients have to adapt with a new routine of having to take large amounts of medication every day and for a long period, have to deal with the side effects of the medications which may appear, this situation potentially makes the patients feel anxious while undergoing the treatment in their intensive phase Tuberculosis for it's first 56 days. The purpose of this study is to determine the level of anxiety in Tuberculosis patients during their intensive phase at the Public Health Center in Magelang.

Method: This study was conducted by using a descriptive design with a cross sectional approach. The sample of this study was done by involving 24 respondents and used a saturated sampling as the sampling technique. The HARS questionnaire was used as an instrument to measure the anxiety level. The univariate analysis was used to analyze the data.

Result: The result of the study found that most of the respondents, as many as 14 respondents (58.3%), experienced a moderate anxiety level. As many as 33.3% early elderly people experienced anxiety, and the male respondents experienced more anxiety as many as 54.2%, and the educational background showed that 50.0% of the respondents who experienced anxieties are from low and medium education level backgrounds.

Conclusion: The results of this study are expected to help in making sure that patients will be able to maintain their motivation and consistency in undergoing the treatment they are undergoing. Patients also need to always feel enthusiastic and able to increase their nutritional intake and consume additional vitamins. Healthcare providers are expected to nurse patients comprehensively and holistically so that patients who are coping with anxiety can reduce their anxiety levels. It is hoped that all patients will be able to complete their treatments and there will be no cases dropping out or patients unable to finish the medications and treatments.

Keywords: tuberculosis, intensive phase, anxiety