

Universitas Ngudi Waluyo
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“Gambaran Penyebab Kecemasan yang Dialami Tenaga Kesehatan di Rumah Sakit pada Masa Pandemi COVID-19”.

ABSTRAK

Latar Belakang : Tenaga kesehatan berperan penting dalam penanganan COVID-19 yang harus menghadapi pasien yang terus berdatangan, menelan banyak korban jiwa bahkan belum dapat dipastikan kapan berakhir, sehingga mereka mengalami masalah psikologis diantaranya kecemasan. Kecemasan yang tinggi dapat membuat daya tahan tubuh menurun akibatnya berisiko tertular COVID-19.

Tujuan : Mengetahui gambaran penyebab kecemasan yang dialami tenaga kesehatan di rumah sakit pada masa pandemi COVID-19 .

Metode : Desain penelitian ini *literature review* dengan *pendekatan systematic review*. Sumber data sekunder berupa artikel diambil dari tiga data base (*PubMed, ProQuest* serta *Google Scholar*). Kriteria artikel yang di review yaitu rentang waktu penerbitan jurnal maksimal 5 tahun, berbahasa Indonesia dan Inggris, original artikel dan tersedia full teks. Artikel yang layak untuk di *review* sebanyak 10 artikel yaitu dua berbahasa Indonesia dan delapan artikel berbahasa Inggris.

Hasil : Faktor penyebab kecemasan tenaga kesehatan paling banyak faktor sosial. Faktor biologis yang dominan penyebab kecemasan adalah usia dan jenis kelamin. Faktor psikologis penyebab kecemasan adalah frekuensi dugaan terinfeksi baik tenaga kesehatan itu sendiri, keluarga ataupun kolega. Faktor sosial penyebab kecemasan adalah ketersediaan APD, dukungan baik sosial maupun rumah sakit serta posisi tenaga kesehatan ditempat kerja (*frontline*).

Saran : Tenaga kesehatan sebaiknya meningkatkan spritualitas sesuai dengan kepercayaannya, meningkatkan kemampuan dalam memberikan pelayanan dan bekerja sesuai dengan standar operasional yang ditetapkan sehingga dapat menurunkan kecemasan yang dialami.

Kata Kunci : Kecemasan, Tenaga Kesehatan di Rumah Sakit, Pandemi COVID-19

Kepustakaan : 65 (2012-2020)

**Universitas Ngudi Waluyo
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Final Project, January 2021
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"Description of the Causes of Anxiety Experienced by Nurses in Hospitals during the COVID-19 Pandemic".

ABSTRACT

Background: Nurses play an important role in handling COVID-19 where they have to deal with patients that keep increasing and may even die. This condition can cause psychological problems such as anxiety which can decrease body's immune system decrease so that they are prone to get COVID-19.

Objective: Knowing the causes of anxiety experienced by nurses in hospitals during the COVID-19 pandemic.

Methods: The design of this study was literature review with a systematic review approach. The secondary data source was in the form of articles taken from three databases (PubMed, ProQuest and Google Scholar). The criteria of the articles reviewed were the publication within the last five years, in Indonesian and English language, original articles and available in full text. There were 10 articles that were eligible for review, namely one article in Indonesian language and nine articles in English.

Results: Most of the factors causing health worker news are social factors. The dominant biological factors are age and gender. The psychological factor that causes the disaster is the suspected infection, both health workers themselves, their families and colleagues. Social factors that cause health personnel reports are PPE, both social and hospital support as well as the health position in the workplace (front line).

Suggestion: Nurses should increase their spirituality according to their beliefs, increase their ability to provide services and work in accordance with established operational standards so that they can reduce their anxiety.

Keywords : Anxiety, Nurses in Hospitals, COVID-19 Pandemic
Bibliographies : 65 (2012-2020)