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HUBUNGAN TINGKAT KECEMASAN DENGAN PERILAKU PENCEGAHAN COVID-19 PADA PENDERITA ASMA DI PUSKESMAS KEBONDALEM

ABSTRAK

LatarBelakang : Covid-19 adalah wabah penyakit yang disebabkan oleh infeksi virus yang mudah menular dan gejalanya sangat bervariasi. Gejala covid-19 akan bertambah berat pada seseorang yang mempunyai penyakit bawaan atau komorbid seperti asma. Infeksi virus ini menyerang bagian pernafasan, dan apabila penderita asma terkena covid-19 akan membuat gejala asma semakin buruk, seperti mengi, batuk, dan kesulitan bernafas.

Tujuan : Untuk mengetahui hubungan tingkat kecemasan dengan perilaku pencegahan covid-19 pada penderita asma di Puskesmas Kebondalem

Metode : Desain penelitian menggunakan deskriptif *kolerasi* dan menggunakan kuesioner sebagai alat ukur untuk pengumpulan data. Jumlah sampel sebanyak 45 yang diambil dari semua pasien Puskesmas Kebondalem, Teknik pengambilan menggunakan *total sampling*. Analisa data menggunakan *Chi Square*.

Hasil : Ada Hubungan tingkat kecemasan dengan perilaku pencegahan covid-19 pada penderita asma di Puskesmas Kebondalem dengan hasil uji statistic di dapatkan p value sebesar $0,014 < 0,05$

Simpulan : tingkat kecemasan dapat berhubungan dengan perilaku pencegahan covid-19 pada penderita asma di puskesmas kebondalem

Saran : Penderita asma agar dapat meningkatkan perilaku pencegahan terhadap wabah covid-19 untuk meminimalisir penyebaran covid-19.

Kata Kunci : *Kecemasan, Perilaku Pencegahan Covid 19, Asma*

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**RELATIONSHIP OF ANXIETY LEVEL WITH COVID-19 PREVENTION
BEHAVIOR IN ASTHMA PATIENS AT KEBONDALEM PUSKESMAS**

ABSTRACT

Background : Covid-19 is a disease outbreak caused by a viral infection that is easily transmitted and the symptoms vary widely. Symptoms of Covid-19 will be more severe in someone who has a congenital or comorbid disease such as asthma. This viral infection attacks the respiratory tract, and if an asthma sufferer is exposed to Covid-19, it will make asthma symptoms worse, such as wheezing, coughing, and difficulty breathing.

Objective : To find out the relationship between anxiety levels and Covid-19 prevention behavior in asthmatics at Puskesmas Kebondalem

Methods : The research design used descriptive correlation and used a questionnaire as a measuring tool for data collection. A total of 45 samples were taken from all Kebondalem health center patients. The sampling technique used total sampling. Data analysis used chi square

Result : There is a relationship between anxiety levels and preventive behavior, covid-19 in asthmatics at Puskesmas Kebondalem with the result of statistical test obtained a p value of $0,004 < 0,05$

Conclusion : there is a relationship between anxiety levels and Covid-19 prevention behavior in asthmatics at Puskesmas Kebondalem

Suggestions : for asthmatics to improve preventive behavior against the Covid-19 outbreak to minimize the spread of covid-19

Keywords : Anxiety, Covid-19 Prevention Behavior, Asthma