

ABSTRAK

Penelitian ini bertujuan untuk menggambarkan tingkat kecemasan pasien berdasarkan lama operasi di RSUD dr. H. Jusuf SK Kota Tarakan pada periode Juni hingga Agustus 2025. Penelitian menggunakan desain deskriptif korelasi dengan pendekatan cross-sectional, melibatkan 80 pasien yang dipilih melalui teknik accidental sampling dengan kriteria inklusi (usia 18–65 tahun, sadar penuh) dan eksklusi (bukan operasi emergensi mendesak, tidak dalam kondisi tidak sadar). Data dikumpulkan menggunakan Hamilton Anxiety Rating Scale (HARS) untuk mengukur kecemasan dan data lama operasi dari rekam medis. Analisis dilakukan dengan SPSS versi 26, meliputi analisis univariat untuk distribusi frekuensi dan analisis bivariat menggunakan uji Spearman Rank. Hasil penelitian menunjukkan bahwa mayoritas operasi termasuk kategori sedang (60–180 menit, 47,5%), diikuti ringan (<60 menit, 30,0%) dan berat (>180 menit, 22,5%). Tingkat kecemasan didominasi oleh kecemasan sedang (37,5%), diikuti cemas ringan (27,5%), cemas berat (17,5%), tidak cemas (12,5%), dan panik (5,0%). Uji Spearman Rank menunjukkan hubungan positif moderat antara lama operasi dan kecemasan ($\rho = 0,527$, $p = 0,000$), mengindikasikan bahwa semakin lama durasi operasi, semakin tinggi tingkat kecemasan. Penelitian ini menegaskan pentingnya intervensi pengelolaan kecemasan, terutama pada operasi berdurasi panjang, untuk mendukung keberhasilan prosedur dan pemulihan pasien.

Kata Kunci: Anxiety Level, Surgical Duration, Surgical Patients, RSUD dr. H. Jusuf SK, Hamilton Anxiety Rating Scale.

ABSTRACT

This study aims to describe the anxiety levels of patients based on the duration of surgery at RSUD dr. H. Jusuf SK, Tarakan City, from June to August 2025. The study employed a descriptive correlational design with a cross-sectional approach, involving 80 patients selected through accidental sampling with inclusion criteria (aged 18–65 years, fully conscious) and exclusion criteria (non-emergency surgery, not unconscious). Data were collected using the Hamilton Anxiety Rating Scale (HARS) to measure anxiety and surgical duration data from medical records. Analysis was conducted using SPSS version 26, including univariate analysis for frequency distribution and bivariate analysis using the Spearman Rank test. Results showed that the majority of surgeries were in the moderate category (60–180 minutes, 47.5%), followed by minor (<60 minutes, 7.5%) and major (>180 minutes, 22.5%). Anxiety levels were predominantly moderate (37.5%), followed by mild anxiety (27.5%), severe anxiety (17.5%), no anxiety (12.5%), and panic (5.0%). The Spearman Rank test indicated a moderate positive correlation between surgical duration and anxiety ($\rho = 0.527$, $p = 0.000$), suggesting that longer surgical durations are associated with higher anxiety levels. This study underscores the importance of anxiety management interventions, particularly for long-duration surgeries, to support successful procedures and patient recovery.

Keywords: Surgical Duration, Anxiety, Surgical Patients, RSUD dr. H. Jusuf SK, Hamilton Anxiety Rating Scale.