

INTISARI

Latar Belakang: Perawat jiwa sebagai salah satu tenaga kesehatan rentan mengalami kecemasan selama pandemi COVID-19. Kecemasan dapat berdampak negatif seperti menurunnya kinerja perawat dan menurunkan daya tahan tubuh sehingga meningkatkan risiko terkena COVID-19. Penelitian terkait kecemasan selama pandemi COVID-19 belum dilakukan pada perawat jiwa di Indonesia. RSJ Grhasia merupakan satu-satunya rumah sakit jiwa rujukan COVID-19 di DIY, sehingga perawat RSJ Grhasia perlu diteliti terkait kecemasannya.

Tujuan penelitian: Mengetahui gambaran kecemasan perawat yang memberikan asuhan keperawatan pada pasien gangguan jiwa selama pandemi COVID-19 di RSJ Grhasia DIY.

Metode: Penelitian kuantitatif dengan rancangan *cross sectional*. Subjek pada penelitian ini adalah 101 perawat yang memberikan asuhan keperawatan di RSJ Grhasia DIY. Variabel kecemasan diukur dengan *Zung-Self Rating Anxiety Scale* versi Bahasa Indonesia. Analisis data yang digunakan adalah statistik deskriptif dan uji *Mann Whitney*.

Hasil: Sebanyak 96 responden (95,05%) tidak mengalami kecemasan dan hanya 5 responden yang mengalami kecemasan ringan hingga sedang. Tidak ada responden yang mengalami kecemasan berat dan panik. Terdapat perbedaan skor kecemasan yang signifikan berdasarkan frekuensi kontak perawat dengan pasien ($p\text{-value} = 0,00$). Karakteristik responden yang lain yaitu usia, jenis kelamin, status pernikahan, tingkat pendidikan, masa kerja, dan area kerja tidak berkontribusi pada perbedaan skor kecemasan.

Kesimpulan: Mayoritas responden tidak mengalami kecemasan dan hanya 4,95% responden yang mengalami kecemasan ringan sampai sedang. Terdapat perbedaan skor kecemasan berdasarkan karakteristik responden yaitu pada aspek frekuensi kontak perawat dengan pasien.

Kata kunci: COVID-19, kecemasan, perawat jiwa, RSJ

ABSTRACT

Background: During the COVID-19 pandemic, nurses as a health worker are vulnerable to experience anxiety. Anxiety is potentially affecting nurses' work performance and well-being. Currently, no studies have been conducted examining the anxiety related to the COVID-19 pandemic among psychiatric nurses in Indonesia.

Objective: Identify the anxiety of psychiatric nurses in Grhasia psychiatric hospital, DIY during the COVID-19 pandemic.

Method: The research method was a quantitative approach with a cross-sectional design. A total of 101 psychiatric nurses in Grhasia psychiatric hospital were included. Indonesian version of Zung-Self Rating Anxiety Scale was used to measure anxiety levels. The data were analyzed using the Mann Whitney test.

The Results: The findings showed that 96 respondents (95,05%) weren't experience anxiety and 5 respondents had mild to moderate anxiety. There weren't respondents who experienced severe anxiety and extreme anxiety. The results of the Mann Whitney test showed that frequency of nurse contact with patient contributes to different score of nurses' anxiety (p-value = 0,00). There was no statistically significant difference between nurses' anxiety score based on the other respondents characteristics (age, gender, marital status, length of employment, level of education, and workspace)

Conclusion: The majority of respondents didn't experience anxiety and 4,95% of respondents experienced mild to moderate anxiety. Frequency of nurse contact with patient statistically significant to nurses' anxiety level, meanwhile other characteristics of respondents weren't statistically significant.

Keywords: COVID-19, anxiety, psychiatric nursing, psychiatric hospital.