

INTISARI

Latar Belakang: Esofagoduodenoskopi dan kolonoskopi merupakan tindakan medis diagnostik dan terapeutik berpotensi menimbulkan kecemasan pasien yang menyebabkan tindakan endoskopi lebih sulit dilakukan, pasien tidak kooperatif, komplikasi tindakan dan kepanikan pasien. Diperlukan pengamatan tentang penyebab kecemasan pasien endoskopi agar tindakan endoskopi pada pasien aman, efektif dan memberikan hasil akurat.

Tujuan Penelitian: Untuk mengetahui faktor-faktor yang berhubungan dengan kecemasan pada pasien endoskopi gastrointestinal lokal anestesi.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan *cross-sectional*. Jumlah responden 208, dipilih dengan metode consecutive sampling yang memenuhi kriteria inklusi dan eksklusi penelitian. Pengambilan data penelitian menggunakan kuesioner dan pengukuran kecemasan pasien menggunakan *Hospital Anxiety and Depression Scale* (HADS) versi bahasa Indonesia.

Hasil: Hasil penelitian mayoritas pasien endoskopi berusia dewasa (19-59) tahun (69,2%), jenis kelamin mayoritas perempuan (53,4%), tingkat pendidikan mayoritas menengah SMK/SMA (39,9%), tindakan endoskopi mayoritas *Esofagogastroduodenoskopi* (63,9%), mayoritas responden belum pernah dilakukan tindakan endoskopi sebelumnya (83,2%). Mayoritas responden mengalami kecemasan normal (48,6%) dengan nilai kecemasan normal rata rata 4,68. Faktor dengan usia ($r = -0,368$, $p < 0,01$), jenis kelamin pasien ($r = 0,349$, $p < 0,001$) tingkat pendidikan pasien ($r = 0,272$, $p < 0,001$) berhubungan dengan kecemasan. sedangkan variabel penelitian jenis tindakan endoskopi ($r = -0,041$, $p = 0,556$), pengalaman pasien dengan tindakan endoskopi sebelumnya ($r = -0,01$, $p = 0,841$) tidak mempunyai hubungan signifikan dengan kecemasan.

Kesimpulan: terdapat hubungan signifikan antara usia, jenis kelamin, tingkat pendidikan pasien dengan kecemasan pasien. Tidak terdapat hubungan antara faktor pengalaman endoskopi sebelumnya dan faktor jenis tindakan endoskopi dengan kecemasan pasien endoskopi saluran cerna lokal anestesi.

Kata Kunci: Anestesi lokal endoskopi, Esofagogastroduodenoskopi, Kolonoskopi, Tingkat kecemasan.

ABSTRACT

Background: Esophagoduodenoscopy and colonoscopy are diagnostic and therapeutic medical procedures that have the potential to cause patient anxiety which makes endoscopic procedures more difficult to perform, patient uncooperativeness, complications of the procedure and patient panic. It is necessary to observe the causes of endoscopy patient anxiety so that endoscopy procedures on patients are safe, effective and provide accurate results.

Research Objective: To determine the factors associated with anxiety in local anesthesia gastrointestinal endoscopy patients.

Method: This research is a quantitative descriptive study with a cross-sectional approach. The number of respondents was 208, selected using the consecutive sampling method who met the research inclusion and exclusion criteria. Research data was collected using a questionnaire and measuring patient anxiety using the Indonesian version of the Hospital Anxiety and Depression Scale (HADS).

Results: The results of the study were that the majority of endoscopy patients were adults (19-59) years old (69.2%), the majority gender was female (53.4%), the majority's education level was middle school/high school (39.9%), the majority had endoscopy procedures Esophagogastroduodenoscopy (63.9%), the majority of respondents had never had an endoscopic procedure before (83.2%). The majority of respondents experienced normal anxiety (48.6%) with an average normal anxiety value of 4.68. Factors including age ($r = -0.368$, $p < 0.01$), patient gender ($r = 0.349$, $p < 0.001$) and patient education level ($r = 0.272$, $p < 0.001$) were associated with anxiety. while the research variables were type of endoscopic procedure ($r = -0.041$, $p = 0.556$), patient experience with previous endoscopic procedures ($r = -0.01$, $p = 0.841$) did not have a significant relationship with anxiety.

Conclusion: there is a significant relationship between age, gender, patient education level and patient anxiety. There was no relationship between previous endoscopic experience and the type of endoscopic procedure and the anxiety of local anesthetic gastrointestinal endoscopy patients.

Keywords: Endoscopic local anesthesia, Esophagogastroduodenoscopy, Colonoscopy, anxiety level