

INTISARI

Latar Belakang: Operasi ginekologi sering menimbulkan kecemasan bagi pasien. Kecemasan yang tidak dikelola dengan baik dapat menyebabkan gangguan fisiologis, memperburuk kondisi klinis, menunda operasi, dan memperpanjang masa rawat inap. Oleh karena itu, perlu mengidentifikasi faktor-faktor yang berhubungan dengan kecemasan pre operasi sebagai dasar perencanaan intervensi keperawatan yang efektif dan holistik.

Tujuan: Mengetahui faktor-faktor yang berhubungan dengan kecemasan pasien pre operasi ginekologi di RSUP Dr. Sardjito Yogyakarta

Metode: Studi deskriptif kuantitatif dengan desain *cross sectional*. Sampel sebanyak 127 responden dipilih melalui *purposive sampling*. Data dikumpulkan satu hari sebelum operasi dengan menggunakan kuesioner *Amsterdam Preoperative Anxiety and Information Scale* (APAIS) versi Indonesia dan dukungan keluarga yang dicetak dan diisi mandiri oleh responden. Analisis menggunakan uji univariat dan uji bivariat menggunakan *Spearman rank*.

Hasil: Gambaran karakteristik responden menunjukkan bahwa sebagian besar responden memiliki tingkat kecemasan sedang (38,6%). Usia responden rentang 40-49 tahun (31.5%), memiliki tingkat pendidikan menengah (SMA/SMK) (36.2%), sebagai ibu rumah tangga (48%), berstatus menikah (84.3%), memiliki pengalaman operasi (57.5%), Jenis operasi yaitu laparotomi (48%), tidak ada penyakit penyerta (74.8%), terdiagnosa kista ovarium (13,9%), mengeluh sakit selama <1 tahun (69,4%) dan memiliki dukungan keluarga yang tinggi (97,6%). Hasil uji *Spearman Rank* menunjukkan bahwa usia ($p = 0,016$; $r = -0,213$) dan tingkat pendidikan ($p=0,003$; $r=0,259$) berhubungan dengan kecemasan pre operasi ginekologi. Status pernikahan ($p=0,978$), pengalaman operasi sebelumnya ($p=0,315$), jenis operasi ($p=0,652$), dan dukungan keluarga ($p=0,481$) tidak berhubungan dengan kecemasan pre operasi ginekologi.

Kesimpulan: Usia dan tingkat pendidikan berhubungan dengan kecemasan pasien pre operasi ginekologi. Sementara status pernikahan, pengalaman operasi, jenis operasi, dan dukungan keluarga tidak memiliki hubungan dengan kecemasan pre operasi ginekologi.

Kata kunci: Pre Operasi, Ginekologi, Cemas

ABSTRACT

Background: Gynecological surgery often causes anxiety in patients. Anxiety that is not properly managed may lead to physiological disturbances, worsen clinical conditions, delay surgical procedures, and prolong the length of hospital stay. Therefore, it is necessary to identify factors associated with preoperative anxiety as a basis for planning effective and holistic nursing interventions.

Objective: This study aims to determine the factors associated with preoperative anxiety among patients undergoing gynecologic surgery at RSUP Dr. Sardjito Yogyakarta

Methods: This study employed a quantitative descriptive design with a cross-sectional approach. A total of 127 patients were selected using purposive sampling. Data were collected one day before surgery using self-administered printed questionnaires, including the Indonesian version of the Amsterdam Preoperative Anxiety and Information Scale (APAIS) and a family support questionnaire. Data analysis consisted of univariate and bivariate analyses using the Spearman rank correlation test.

Results: The characteristics of the respondents showed that most respondents had a moderate level of anxiety (38.6%). The majority of respondents were aged 40–49 years (31.5%), had a secondary education level (36.2%), worked as housewives (48.0%), were married (84.3%), had previous surgical experience (57.5%), and underwent laparotomy (48.0%). Most respondents had no comorbidities (74.8%), were diagnosed with ovarian cysts (13.9%), experienced pain for less than one year (69.4%), and had high family support (97.6%). The Spearman rank correlation test showed that age ($p=0.016$; $r=-0.213$) and education level ($p=0.003$; $r=0.259$) were associated with anxiety preoperative gynecological. Marital status ($p=0.978$), previous surgical experience ($p=0.315$), type of surgery ($p=0.652$), and family support ($p=0.481$) were not associated with anxiety preoperative gynecological.

Conclusion: Age and educational level were significantly associated with preoperative anxiety among gynecologic surgery patients, whereas marital status, previous surgical experience, type of surgery, and family support showed no significant relationship.

Keywords: Preoperative, Gynecologic, Anxiety