

HUBUNGAN DUKUNGAN SOSIAL DENGAN TINGKAT KECEMASAN PADA KOMUNITAS PASIEN POST TRANSPLANTASI GINJAL

INTISARI

Latar Belakang: Transplantasi ginjal merupakan terapi definitif bagi pasien dengan gagal ginjal kronis stadium akhir yang terbukti meningkatkan kualitas hidup dibandingkan terapi dialisis jangka panjang. Namun, pasien pasca transplantasi tetap menghadapi tantangan fisik dan psikologis, termasuk kecemasan yang dilaporkan memiliki prevalensi 24–36%. Kecemasan ini dapat dipengaruhi oleh kekhawatiran terhadap penolakan organ, efek obat immunosupresif, serta adaptasi terhadap gaya hidup baru. Dukungan sosial berperan penting sebagai faktor protektif terhadap kecemasan, namun penelitian pada populasi pasien post transplantasi ginjal di Indonesia masih terbatas.

Tujuan Penelitian: Mengidentifikasi hubungan antara dukungan sosial dengan tingkat kecemasan pada pasien post transplantasi ginjal

Metode Penelitian: Penelitian ini menggunakan desain analitik observasional dengan pendekatan potong lintang. Subjek adalah pasien post transplantasi ginjal yang tergabung dalam komunitas *Youth Kidney* dan memenuhi kriteria inklusi. Pengambilan sampel dilakukan dengan *purposive sampling*. Tingkat dukungan sosial diukur menggunakan *Multidimensional Scale of Perceived Social Support* (MSPSS), sedangkan tingkat kecemasan dinilai dengan *Zung Self-rating Anxiety Scale* (ZSAS). Analisis data dilakukan dengan uji *Chi-square* dan/atau *Fisher's exact* dan regresi logistik menggunakan program SPSS versi 26.

Hasil: Sebanyak 59 subjek memenuhi kriteria penelitian dan diikutkan dalam analisis data. Subjek yang mengalami kecemasan sedang-berat adalah sebesar 28,8%. Dukungan sosial tinggi didapatkan pada 86,4% subjek. Terdapat hubungan yang signifikan antara tingkat dukungan sosial dengan kecemasan ($p = 0,031$; OR = 5,872; 95% CI: 1,180–29,223). Subjek dengan dukungan sosial rendah-sedang memiliki kecenderungan kecemasan lebih tinggi dibandingkan dengan subjek yang memperoleh dukungan sosial tinggi. Analisis bivariat faktor perancu dan multivariat menunjukkan bahwa tidak ada faktor lain selain dukungan sosial yang berpengaruh terhadap tingkat kecemasan pasien post transplantasi ginjal.

Kesimpulan: Terdapat hubungan bermakna secara statistik antara dukungan sosial dan tingkat kecemasan pada pasien post transplantasi ginjal.

Kata Kunci: Dukungan sosial, kecemasan, komunitas, transplantasi ginjal.

THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND ANXIETY LEVELS AMONG POST-KIDNEY TRANSPLANT PATIENT COMMUNITY

ABSTRACT

Background: Kidney transplantation is the definitive therapy for patients with end-stage chronic kidney disease, proven to improve quality of life compared to long-term dialysis. However, post-transplant patients continue to face physical and psychological challenges, including anxiety, which has been reported to have a prevalence of 24–36%. This anxiety may be influenced by concerns about organ rejection, side effects of immunosuppressive drugs, and adaptation to new lifestyle changes. Social support plays an important role as a protective factor against anxiety, yet studies on post-kidney transplant patients in Indonesia remain limited.

Objective: To identify the relationship between social support and anxiety levels among post-kidney transplant patients.

Methods: This study employed an analytical observational design with a cross-sectional approach. Subjects were post-kidney transplant patients who were members of the *Youth Kidney* community and met the inclusion criteria. Sampling was conducted using purposive sampling. Social support levels were measured using the Multidimensional Scale of Perceived Social Support (MSPSS), while anxiety levels were assessed using the Zung Self-Rating Anxiety Scale (ZSAS). Data were analyzed using Chi-square and/or Fisher's exact tests and logistic regression with SPSS version 26.

Results: A total of 59 subjects met the inclusion criteria and were included in the data analysis. The prevalence of moderate-to-severe anxiety was 28.8%, while high social support was found in 86.4% of subjects. A significant relationship was found between social support and anxiety levels ($p = 0.031$; OR = 5.872; 95% CI: 1.180–29.223). Subjects with low-to-moderate social support were more likely to experience higher anxiety compared to those with high social support. Bivariate and multivariate analyses indicated that no other confounding factors besides social support significantly affected anxiety levels among post-kidney transplant patients.

Conclusion: There is a statistically significant relationship between social support and anxiety levels in post-kidney transplant patients.

Keywords: Anxiety, community, kidney transplantation, social support.