

HUBUNGAN ANTARA STRATEGI KOPING DENGAN TINGKAT KECEMASAN PADA KOMUNITAS PASIEN POST TRANSPLANTASI GINJAL

INTISARI

Latar Belakang: Transplantasi ginjal merupakan terapi definitif pada pasien gagal ginjal kronis stadium akhir yang dapat meningkatkan kualitas hidup dibandingkan dialisis jangka panjang. Namun, pasien post transplantasi ginjal tetap menghadapi berbagai stresor fisik dan psikososial, termasuk risiko rejeksi organ, penggunaan immunosupresan jangka panjang, serta tuntutan adaptasi gaya hidup, yang dapat memicu gangguan kecemasan. Gangguan kecemasan pada pasien post transplantasi ginjal diperkirakan sebesar 25% – 36%. Strategi koping berperan penting dalam menentukan kemampuan pasien menghadapi kecemasan post transplantasi. Penelitian mengenai hubungan strategi koping dengan tingkat kecemasan pada pasien post transplantasi ginjal di Indonesia masih terbatas.

Tujuan Penelitian: Menganalisis hubungan antara strategi koping dengan tingkat kecemasan pada komunitas pasien post transplantasi ginjal.

Metode Penelitian: Penelitian ini merupakan studi analitik observasional dengan desain potong lintang. Subjek penelitian adalah pasien post transplantasi ginjal lebih dari satu minggu setelah transplantasi yang tergabung dalam komunitas *Youth Kidney* yang memenuhi kriteria inklusi dan eksklusi. Pengambilan sampel dilakukan dengan teknik *purposive sampling*. Strategi koping diukur menggunakan kuesioner Brief COPE versi Bahasa Indonesia, sedangkan tingkat kecemasan dinilai menggunakan *Zung Self-rating Anxiety Scale (ZSAS)* versi Bahasa Indonesia. Analisis data meliputi analisis univariat, bivariat menggunakan uji *Chi-Square* atau *Fisher's Exact*, serta analisis multivariat menggunakan regresi logistik dengan tingkat signifikansi $p < 0,05$.

Hasil: Sebanyak 59 subjek diikutkan dalam analisis data. Subjek yang mengalami kecemasan sedang-berat adalah sebesar 27,1%. Mekanisme koping adaptif ditemukan pada 54,2% subjek. Terdapat hubungan yang signifikan antara jenis mekanisme koping dengan tingkat kecemasan subjek ($\chi^2=4,67$; $p=0,031$; $OR=3,71$; $95\% CI= 1,09 - 12,63$). Subjek dengan strategi koping maladaptif memiliki kecenderungan kecemasan sedang-berat dibandingkan dengan subjek dengan strategi koping adaptif. Tidak ada faktor lain selain strategi koping yang berpengaruh terhadap tingkat kecemasan pasien post transplantasi ginjal.

Kesimpulan: Terdapat hubungan antara strategi koping dengan tingkat kecemasan pada pasien post transplantasi ginjal. Temuan ini menegaskan pentingnya pendekatan psikososial dan intervensi peningkatan koping adaptif dalam perawatan komprehensif pasien post transplantasi ginjal.

Kata Kunci: kecemasan, komunitas, strategi koping, transplantasi ginjal.

THE RELATIONSHIP BETWEEN COPING STRATEGIES AND ANXIETY LEVELS AMONG POST-KIDNEY TRANSPLANT PATIENT COMMUNITY

ABSTRACT

Background: Kidney transplantation is the definitive therapy for patients with end-stage renal disease and has been shown to improve quality of life compared to long-term dialysis. However, post-kidney transplant patients continue to face various physical and psychosocial stressors, including the risk of organ rejection, long-term immunosuppressive therapy, and the need for lifestyle adjustments, which may trigger anxiety disorders. The prevalence of anxiety among post-kidney transplant patients is estimated to range from 25% to 36%. Coping strategies play an important role in determining patients' ability to manage post-transplant anxiety. Nevertheless, studies examining the relationship between coping strategies and anxiety levels among post-kidney transplant patients in Indonesia remain limited.

Objective: To analyze the relationship between coping strategies and anxiety levels in a community of post-kidney transplant patients.

Methods: This study was an observational analytic study with a cross-sectional design. The subjects were post-kidney transplant patients at least one week after transplantation who were members of the *Youth Kidney* community and met the inclusion and exclusion criteria. Samples were obtained using purposive sampling. Coping strategies were assessed using the Indonesian version of the Brief COPE questionnaire, while anxiety levels were measured using the Indonesian version of the Zung Self-Rating Anxiety Scale (ZSAS). Data analysis included univariate analysis, bivariate analysis using the Chi-square or Fisher's exact test, and multivariate analysis using logistic regression, with a significance level of $p < 0.05$.

Results: A total of 59 subjects were included in the analysis. Moderate-to-severe anxiety was found in 27.1% of subjects, while adaptive coping strategies were identified in 54.2% of subjects. There was a significant association between coping strategies and anxiety levels ($\chi^2 = 4.67$; $p = 0.031$; OR = 3.71; 95% CI = 1.09–12.63). Subjects who used maladaptive coping strategies were more likely to experience moderate-to-severe anxiety compared to those who used adaptive coping strategies. No factors other than coping strategies were significantly associated with anxiety levels in post-kidney transplant patients.

Conclusion: There is a significant relationship between coping strategies and anxiety levels in post-kidney transplant patients. These findings highlight the importance of psychosocial approaches and interventions aimed at enhancing adaptive coping strategies as part of comprehensive care for post-kidney transplant patients.

Keywords: anxiety, community, coping strategies, kidney transplantation