

ABSTRAK

Hubungan Perilaku *Caring* Perawat dengan Tingkat Kecemasan Pasien Covid-19 di Ruang Isolasi RSUD Bangil Kabupaten Pasuruan

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Pasien covid-19 yang menjalani perawatan di ruang isolasi, mengalami masalah kecemasan karena diskontak dengan lingkungan sekitar. Perilaku *caring* dalam memberikan pelayanan keperawatan memberikan kenyamanan dan ketenangan bagi pasien. Tujuan penelitian adalah mengetahui hubungan perilaku *caring* perawat dengan tingkat kecemasan pasien Covid-19 di Ruang Isolasi RSUD Bangil. Penelitian ini menggunakan desain *cross sectional*. Populasi dalam penelitian ini adalah semua penderita Covid-19 di Ruang Isolasi RSUD Bangil. Sampel dalam penelitian ini adalah pasien Covid-19 yang menjalani perawatan di Ruang Isolasi sebanyak 30 orang yang dipilih dengan menggunakan teknik *consecutive sampling*. Tingkat kecemasan diukur dengan kuesioner *State-Anxiety Inventory (S-AI)*. Data yang diperoleh dianalisa dengan uji korelasi Spearman Rho. Hasil penelitian menunjukkan pada perilaku *caring* yang baik tingkat kecemasan responden terbanyak adalah ringan, pada perilaku *caring* yang cukup tingkat kecemasan terbanyak sedang dan berat, pada perilaku *caring* yang kurang tingkat kecemasan terbanyak adalah berat. Hasil uji statistik Spearman Rho didapatkan nilai $p \text{ value } 0,000 < 0,05$ yang berarti terdapat hubungan yang signifikan antara perilaku *caring* perawat dengan kecemasan pasien covid-19 di Ruang Isolasi RSUD Bangil Kabupaten Pasuruan. Nilai koefisien korelasi 0,720 yang berarti variabel perilaku *caring* perawat dan tingkat kecemasan memiliki hubungan yang kuat. Arah korelasi positif berarti semakin baik perilaku *caring* perawat maka semakin rendah tingkat kecemasan pasien Covid-19. Perilaku *caring* perawat pada pasien Covid-19 ditunjukkan dengan adanya rasa peduli, empati, kasih sayang dan komunikasi yang baik sehingga terbina hubungan terapeutik antara pasien dan perawat. Dengan demikian pasien akan merasa aman, nyaman serta stress dan kecemasan akan berkurang.

Kata kunci: Perilaku *Caring*, Tingkat Kecemasan, Covid-19

ABSTRACT

The Relationship between Nurse Caring Behavior and Anxiety Levels of Covid-19 Patients in the Isolation Room of the Bangil Hospital, Pasuruan Regency

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Covid-19 patients undergoing treatment in isolation rooms experience anxiety problems due to loss contact with the surrounding environment. Caring behavior in providing nursing services provides comfort and tranquility for patients. The purpose of the study was to determine the relationship between nurses' caring behavior with the anxiety level of Covid-19 patients in the Isolation Room. This study used a cross sectional design. The sample in this study was Covid-19 patients undergoing treatment in Isolation Room as many as 30 people who were selected using the consecutive sampling technique. Anxiety levels were measured using State-Anxiety Inventory (S-AI) questionnaire. The data obtained were analyzed using Spearman correlation test. The results showed that with good caring behavior, the most respondents' anxiety level was mild, in moderate and severe caring behavior, the highest level of anxiety was severe. Spearman statistical test results obtained p value = $0.000 < 0.05$, which means that there is a significant relationship between caring behavior of nurses and the anxiety of Covid-19 patients. The correlation coefficient value is 0.720, which means that the nurse caring behavior and the level of anxiety have a strong relationship. The correlation have a positive direction which means that the better the caring behavior of nurses, the lower the anxiety level of Covid-19 patients. The caring behavior of nurses is shown by the presence of caring, empathy, compassion and good communication so that a therapeutic relationship is established between patients and nurses. Thus the patient will feel safe, comfortable and stress and anxiety will be reduced.

Keywords: Caring Behavior, Anxiety Level, Covid-19