ABSTRAK

HUBUNGAN PERILAKU CARING PERAWAT DENGAN TINGKAT KECEMASAN PASIEN KANKER YANG MENJALANI KEMOTERAPI DI RUANG KEMOTERAPI RSUD PROF. DR. SOEKANDAR MOJOSARI

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Pasien kanker yang menjalani kemoterapi sering mengalami kecemasan akibat efek samping pengobatan, ketidakpastian kondisi penyakit, dan perubahan kualitas hidup. Salah satu faktor yang diduga berhubungan dengan tingkat kecemasan pasien adalah perilaku caring perawat selama pemberian asuhan keperawatan. Tujuan penelitan mengetahui hubungan antara perilaku *caring* perawat dengan tingkat kecemasan pada pasien kanker yang menjalani kemoterapi. Desain kuantitatif dengan pendekatan cross-sectional. Penelitian dilakukan dengan jumlah sampel sebanyak 50 menggunakan teknik total sampling. Perilaku caring perawat diukur menggunakan Caring BehaviorInventory (CBI-42), sedangkan tingkat kecemasan diukur menggunakan State-TraitAnxietyInventory (STAI-Trait). Analisis data menggunakan Cross Tab dengan tingkat signifikansi $\alpha = 0{,}05$. Sebagian besar responden menilai perilaku caring perawat dalam kategori caring rendah sebanyak 45 responden (90,0%). Tingkat kecemasan responden sebagian besar berada pada kategori kecemasan ringan dan kecemasan berat, masing-masing sebanyak 16 responden (32,0%) yang menunjukkan terdapat hubungan yang signifikan dengan kekuatan hubungan sedang dan arah hubungan negatif antara perilaku caring perawat dengan tingkat kecemasan pasien. Semakin baik perilaku caring perawat yang dirasakan pasien, maka tingkat kecemasan pasien kanker yang menjalani kemoterapi cenderung semakin rendah. Peningkatan perilaku caring perlu terus dikembangkan sebagai bagian dari upaya meningkatkan kualitas pelayanan keperawatan dan kesejahteraan psikologis pasien.

Kata kunci: kecemasan, kemoterapi, pasien kanker, perilaku caring perawat

ABSTRACT

THE RELATIONSHIP BETWEEN NURSES' CARING BEHAVIOR AND THE ANXIETY LEVEL OF CANCER PATIENTS UNDERGOING CHEMOTHERAPY IN THE INPATIENT ROOM OF PROF. DR. SOEKANDAR MOJOSARI HOSPITAL

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Cancer patients undergoing chemotherapy often experience anxiety due to Cancer patients undergoing chemotherapy often experience anxiety due to side effects of treatment, uncertainty of disease condition, and changes in quality of life. One factor suspected to be related to the level of patient anxiety is the caring behavior of nurses during the provision of nursing care. The purpose of this study was to determine the relationship between caring behavior of nurses and anxiety levels in cancer patients undergoing chemotherapy. The quantitative design used a cross-sectional approach. The study was conducted with a sample size of 50 using a total sampling technique. Nurses' caring behavior was measured using the Caring Behavior Inventory (CBI-42), while anxiety levels were measured using the State-Trait Anxiety Inventory (STAI-Trait). Data analysis used the Cross Tab with a significance level of α = 0.05. Most respondents rated nurses' caring behavior in the low caring category, as many as 45 respondents (90.0%). The level of anxiety of respondents was mostly in the mild anxiety category and severe anxiety, as many as 16 respondents (32.0%) respectively which indicates a significant relationship with moderate relationship strength and a negative relationship direction between nurses' caring behavior and patient anxiety levels. The better the nurses' caring behavior perceived by patients, the lower the anxiety levels of cancer patients undergoing chemotherapy tend to be. Improving caring behavior needs to be continuously developed as part of efforts to improve the quality of nursing services and patient psychological well-being.

Keywords: nursing caring behavior, anxiety, chemotherapy, cancer patients.