

**HUBUNGAN *SELF-EFFICACY* DENGAN KECEMASAN DALAM  
PENYUSUNAN TUGAS AKHIR MAHASISWA PRODI SARJANA  
TERAPAN KEPERAWATAN ANESTESIOLOGI DI  
POLTEKKES KEMENKES YOGYAKARTA**

Nadia Izzatul Azka<sup>1</sup>, Tri Prabowo<sup>2</sup>, Nunuk Sri Purwanti<sup>2</sup>  
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta  
Jl. Tata Bumi No.3, Banyuraden, Gamping, Sleman, Yogyakarta 55293.  
Email: [izzatulnadia39@gmail.com](mailto:izzatulnadia39@gmail.com)

**ABSTRAK**

**Latar Belakang:** Penugasan akhir skripsi menjadi stressor bagi mahasiswa tingkat akhir khususnya mahasiswa Prodi Sarjana Terapan Keperawatan Anestesiologi di Poltekkes Kemenkes Yogyakarta. Munculnya perasaan kurang nyaman serta kesulitan dan hambatan yang akan dihadapi oleh mahasiswa akan menjadi perspektif yang negatif yang akhirnya sebagian besar mahasiswa menganggap bahwa menyusun skripsi adalah hal yang sangat sulit. Salah satu faktor yang memengaruhi kecemasan pada seseorang adalah *self-efficacy*. Semakin kecil kecemasan mahasiswa disebabkan oleh tingginya *self-efficacy* mahasiswa tersebut dan sebaliknya.

**Tujuan:** Mengetahui hubungan *self efficacy* dengan kecemasan dalam penyusunan tugas akhir mahasiswa Prodi Sarjana Terapan Keperawatan Anestesiologi di Poltekkes Kemenkes Yogyakarta.

**Metode:** Penelitian ini menggunakan jenis kuantitatif observasional analitik dengan desain *cross sectional*. Jumlah reponden 66 orang yang dipilih menggunakan *purposive sampling*. Instrumen menggunakan kuesioner modifikasi *General Self Efficacy* (GSE) dan Instrumen Kecemasan Mumtazia (2022). Analisa data menggunakan uji Korelasi *Spearman Rank*.

**Hasil:** *Self-efficacy* mahasiswa dengan kategori sangat tinggi (6,1%), tinggi (19,7%), sedang (24,2%), rendah (48,5%), dan sangat rendah (1,5%). Kecemasan mahasiswa tingkat akhir dengan kategori kecemasan sangat berat/panik (1,5%), kecemasan berat (23,3%), kecemasan sedang (37,9%), kecemasan ringan (21,2%), dan tidak ada kecemasan (6,1%). Hasil uji Korelasi *Spearman Rank* nilai *p-value* 0,002 yang berarti terdapat hubungan yang signifikan antara *self efficacy* dengan kecemasan dalam penyusunan tugas akhir mahasiswa Prodi Sarjana Terapan Keperawatan Anestesiologi di Poltekkes Kemenkes Yogyakarta. Nilai koefisien korelasi adalah -0,369 dengan tingkat keeratan hubungan lemah.

**Kesimpulan:** Terdapat hubungan yang signifikan antara *self-efficacy* dengan kecemasan mahasiswa Sarjana Terapan Keperawatan Anestesiologi di Poltekkes Kemenkes Yogyakarta tingkat akhir yang menyusun tugas akhir

**Kata kunci:** Efikasi diri, mahasiswa tingkat akhir, tugas akhir

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<sup>1</sup> Mahasiswa Sarjana Terapan Keperawatan Anestesiologi Poltekkes Kemenkes Yogyakarta

<sup>2</sup> Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

## **The Relationship Of Self-Efficacy With Anxiety Of Preparing Final Assignments For Student Of Anesthesiology Poltekkes Kemenkes Yogyakarta**

Nadia Izzatul Azka<sup>1</sup>, Tri Prabowo<sup>2</sup>, Nunuk Sri Purwanti<sup>2</sup>  
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta  
Jl.Tata Bumi No.3, Banyuraden, Gamping, Sleman, Yogyakarta 55293.  
Email: [izzatulnadia39@gmail.com](mailto:izzatulnadia39@gmail.com)

### **ABSTRACT**

**Background:** The final thesis assignment is a stressor for final year students, especially students of the Bachelor of Applied Anesthesiology Nursing Study Program at the Yogyakarta Ministry of Health Polytechnic. The emergence of feelings of discomfort as well as the difficulties and obstacles that will be faced by students will become a negative perspective which ultimately results in most students thinking that writing a thesis is very difficult. One of the factors that influences a person's anxiety is self-efficacy. The smaller the student's anxiety is caused by the student's high self-efficacy and vice versa.

**Purpose:** Knowing the relationship between self-efficacy and anxiety in preparing final assignments for students of the Applied Anesthesiology Nursing Undergraduate Study Program at the Yogyakarta Ministry of Health Polytechnic.

**Methods:** This research uses a quantitative observational analytic type with a cross sectional design. The number of respondents was 66 people who were selected using purposive sampling. The instrument uses a modified General Self Efficacy (GSE) questionnaire and the Mumtazia Anxiety Instrument (2022). Data analysis used the Spearman Rank Correlation test.

**Result:** Student self-efficacy was categorized as very high (6.1%), high (19.7%), medium (24.2%), low (48.5%), and very low (1.5%). Final year students' anxiety was categorized as very severe anxiety/panic (1.5%), severe anxiety (23.3%), moderate anxiety (37.9%), mild anxiety (21.2%), and no anxiety (6.1%). The results of the Spearman Rank Correlation test have a p-value of 0.002, which means there is a significant relationship between self-efficacy and anxiety in preparing final assignments for students of the Applied Anesthesiology Nursing Undergraduate Study Program at the Yogyakarta Ministry of Health Polytechnic. The correlation coefficient value is -0.369 with a weak level of relationship.

**Conclusion:** There is a significant relationship between self-efficacy and anxiety in final year students of the Bachelor of Applied Anesthesiology Nursing at the Poltekkes Kemenkes Yogyakarta who are preparing their final assignment.

**Keywords:** Self-efficacy, final year students, final assignment

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<sup>1</sup> Student of The Health Ministry of Health Polytechnic Yogyakarta

<sup>2</sup> Lecturer of The Health Ministry of Health Polytechnic Yogyakarta