

MANAJEMEN CEMAS MASA PANDEMI COVID-19 PADA LANSIA DI DUSUN BOTOKAN, JATIREJO, LENDAH, KULON PROGO

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ABSTRAK

Latar belakang: *Corona virus disease* (Covid-19) adalah penyakit yang disebabkan oleh virus dan tidak ada batasan khusus untuk usia, namun orang yang lebih tua (lanjut usia) terutama mereka dengan penyakit komorbid lebih berisiko terpapar virus ini. Banyaknya kasus menyebabkan segala jenis gangguan kesehatan mental salah satunya kecemasan. Upaya yang dapat dilakukan penderita untuk mengatasi kecemasan ini adalah dengan manajemen cemas. Manajemen cemas yang kurang baik dapat meningkatkan kecemasan yang dialami menjadi berat bahkan panik.

Tujuan: Diketahuinya manajemen cemas masa pandemi Covid-19 pada lansia di Dusun Botokan, Jatirejo, Lendah, Kulon Progo.

Metode: Penelitian ini adalah deskriptif kuantitatif. Teknik pengambilan sampel yang digunakan adalah *proporsional random sampling* dengan 56 sampel dari 128 lansia. Alat pengambilan data yang digunakan adalah kuesioner manajemen cemas yang dilakukan oleh lansia di Dusun Botokan pada masa pandemi Covid-19.

Hasil: Manajemen cemas dalam aspek spiritual sebanyak 11 responden tergolong cukup (19,60%), aspek fisik sebanyak 7 responden tergolong kurang (12,5%), aspek psikologis sebanyak 5 responden tergolong kurang (8,93%), aspek sosial sebanyak 4 responden tergolong kurang (7,14%).

Kesimpulan: Manajemen cemas lansia di Dusun Botokan pada masa pandemi Covid-19 sebagian besar tergolong baik namun dalam aspek fisik sebagian besar memiliki manajemen cemas yang tergolong cukup. Diharapkan lansia dapat meningkatkan manajemen cemas terutama dalam aspek fisik, misalnya melakukan kembali senam lansia yang pernah diajarkan oleh kader sehingga dapat meningkatkan imun dan menurunkan kecemasannya.

Kata kunci: lansia, manajemen cemas, pandemi Covid-19

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MANAGEMENT OF ANXIETY OF THE COVID-19 PANDEMIC IN THE ELDERLY IN BOTOKAN, JATIREJO, LENDAH, KULON PROGO

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ABSTRACT

Background: Corona virus disease (Covid-19) is a disease caused by a virus and there is no specific age limit, but older people (elderly) especially those with comorbid diseases are more at risk of being exposed to this virus. The number of cases causes all kinds of mental health disorders, one of which is anxiety. Efforts that can be made by sufferers to overcome this anxiety are anxiety management. Poor anxiety management can increase the anxiety experienced to become severe and even panic.

Objective: To find out the anxious management during the Covid-19 pandemic in the elderly in Botokan Hamlet, Jatirejo, Lendah, Kulon Progo.

Methods: This research is descriptive quantitative. The sampling technique used was proportional random sampling with 56 samples from 128 elderly people. The data collection tool used is a questionnaire the management of anxiety carried out by the elderly in Botokan Hamlet during the Covid-19 pandemic.

Results: Anxiety management in the spiritual aspect of 11 respondents was classified as sufficient (19.60%), the physical aspect of 7 respondents was classified as lacking (12.5%), the psychological aspect of 5 respondents was classified as lacking (8.93%), social aspects were as many as 4 respondents are classified as less (7.14%).

Conclusion: The management of elderly anxiety in Botokan Hamlet during the Covid-19 pandemic was mostly good but in the physical aspect most of them had adequate anxiety management. It is hoped that the elderly can improve anxiety management, especially in the physical aspect, for example doing the elderly gymnastics that was taught by the cadres so that they can increase their immunity and reduce their anxiety.

Keywords: elderly, anxiety management, Covid-19 pandemic

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