

GAMBARAN KECEMASAN MENGHADAPI PRAKTIK KLINIK
KEPERAWATAN DASAR MAHASISWA PROGRAM STUDI DIPLOMA
TIGA KEPERAWATAN STIKES NOTOKUSUMO YOGYAKARTA

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ABSTRAK

Latar Belakang: Praktik klinik keperawatan dasar merupakan praktik klinik yang pertama kali dilakukan oleh mahasiswa jurusan keperawatan sehingga banyak mahasiswa yang mengalami kecemasan. Saat melakukan praktik klinik dalam keadaan cemas berlebih akan berdampak terhadap stress mahasiswa, konsentrasi menurun, tidak maksimal dalam mengikuti pembelajaran praktik klinik di lapangan, dan tugas-tugas tidak dapat diselesaikan dengan benar dan tepat waktu. Kondisi di atas dapat berdampak langsung terhadap kondisi pasien.

Tujuan: Mengetahui gambaran kecemasan dan respon kecemasan menghadapi praktik klinik keperawatan dasar mahasiswa Program Studi Diploma Tiga Keperawatan STIKES Notokusumo Yogyakarta.

Metode: Penelitian ini menggunakan metode deskriptif kuantitatif dengan desain penelitian survei. Instrumen yang digunakan yaitu kuesioner kecemasan berbentuk *google form*. Analisa data dalam penelitian ini berupa perhitungan mean, standar deviasi, dan persentase. Cara pengambilan sampel pada penelitian ini menggunakan teknik *total sampling* berjumlah 40 responden.

Hasil : Beberapa responden mengalami cemas berat pada respon kognitif, mayoritas responden mengalami cemas sedang pada respon afektif, sebagian kecil responden mengalami cemas berat pada respon fisiologis, mayoritas responden mengalami cemas ringan pada respon perilaku, dan sebagian kecil responden mengalami cemas berat pada respon sosial.

Kesimpulan: Gambaran kecemasan mahasiswa Program Studi Diploma Tiga Keperawatan STIKES Notokusumo Yogyakarta dalam menghadapi praktik klinik keperawatan dasar sebagian besar mengalami cemas sedang. Untuk mengurangi kecemasan menghadapi praktik klinik keperawatan dasar mahasiswa dapat mempelajari kembali materi dan banyak berlatih keterampilan keperawatan dasar serta dapat melaksanakan beberapa terapi keperawatan.

Kata kunci: Kecemasan, mahasiswa keperawatan, praktik klinik keperawatan dasar

DESCRIPTION OF ANXIETY FACING BASIC NURSING CLINIC
PRACTICE STUDENTS DIPLOMA THREE NURSING STUDY PROGRAM
STIKES NOTOKUSUMO YOGYAKARTA

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ABSTRACT

Background: Basic nursing clinical practice is the first clinical practice carried out by nursing students, so many students experience anxiety. When doing clinical practice in a state of excessive anxiety, it will have an impact on student stress, decreased concentration, not optimal in participating in clinical practice learning in the field, and tasks cannot be completed correctly and on time. The above conditions can have a direct impact on the patient's condition.

Objective: Knowing the description of anxiety and anxiety responses facing basic nursing clinical practice students of the Diploma Three Nursing Study Program STIKES Notokusumo Yogyakarta.

Methods: This study was used a quantitative descriptive method with a survey research design. The instrument was used is an anxiety questionnaire in the form of a google form. Analysis of the data in this study in the form of calculation of the mean, standard deviation, and percentage. The sampling method in this study was used a total sampling technique of 40 respondents.

Results: Some respondents experienced severe anxiety on cognitive responses, the majority of respondents experienced moderate anxiety on affective responses, a small number of respondents experienced severe anxiety on physiological responses, the majority of respondents experienced mild anxiety on behavioral responses, and a small proportion of respondents experienced severe anxiety on social responses.

Conclusion: The description of the anxiety of the students of the Diploma Three Nursing Study Program of STIKES Notokusumo Yogyakarta in dealing with basic nursing clinical practice mostly experienced moderate anxiety. To reduce anxiety facing basic nursing clinical practice, students can re-learn the material and practice a lot of basic nursing skills and can carry out several nursing therapies.

Key words: Anxiety, nursing students, basic nursing clinical practice