

**HUBUNGAN *SELF EFFICACY* DENGAN KECEMASAN PASIEN PRE
OPERASI DENGAN GENERAL ANESTESI DI RSUD KARDINAH
TEGAL**

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ABSTRAK

Latar Belakang: Kecemasan dapat menimbulkan respon baik fisiologis maupun psikologis pada pasien. Tindakan operasi akan terhambat jika perubahan-perubahan fisiologis yang ditimbulkan dari kecemasan pasien pre operasi tidak diatasi. Salah satu faktor yang mempengaruhi kecemasan pada diri individu adalah *self efficacy*. *Self efficacy* memberikan pengaruh secara langsung pada fungsi emosional pasien saat operasi

Tujuan: Mengetahui hubungan *self efficacy* dengan kecemasan pasien pre operasi dengan general anestesi di RSUD Kardinah Tegal.

Metode: Penelitian ini menggunakan jenis kuantitatif observasional analitik dengan desain *cross sectional*. Jumlah reponden 75 orang yang dipilih menggunakan *consecutive sampling*. Instrumen menggunakan kuesioner modifikasi *General Self efficacy* (GSE) dan *Amsterdam Preoperative Anxiety and Information Scale* (APAIS). Analisa data menggunakan uji Korelasi *Spearman Rank*.

Hasil: *Self efficacy* pasien dengan kategori sangat tinggi (1,3%), tinggi (41,3%), sedang (20%), rendah (30,7%) dan sangat rendah (6,7%). Kecemasan pasien pre operasi dengan kategori tidak cemas (0%), cemas ringan (18,7%), cemas sedang (62,7%), cemas berat (18,7%) dan panik (0%). Hasil uji Korelasi *Spearman Rank* nilai *p-value* 0,000 yang berarti terdapat hubungan yang signifikan antara *self efficacy* dengan kecemasan pasien pre operasi dengan general anestesi di RSUD Kardinah Tegal. Nilai koefisien korelasi adalah -0,564 dengan tingkat keeratan hubungan sedang.

Kesimpulan: Ada hubungan *self efficacy* dengan kecemasan pasien pre operasi dengan general anestesi di RSUD Kardinah Tegal.

Kata kunci: *self efficacy*, kecemasan, pre operasi, general anestesi

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**THE RELATIONSHIP OF *SELF EFFICACY* WITH ANXIETY OF PRE
OPERATIVE PATIENTS WITH GENERAL ANESTHESIA IN
KARDINAH TEGAL HOSPITAL**

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ABSTRACT

Background: Anxiety can cause both physiological and psychological responses in patients. Surgery will be hampered if the physiological changes caused by preoperative patient anxiety are not addressed. One of the factors that influence anxiety in individuals is self-efficacy. *Self efficacy* has a direct influence on the patient's emotional function during surgery

Purpose: Knowing the relationship between self-efficacy and anxiety in preoperative patients with general anesthesia at Kardinah Tegal Hospital.

Methods: This study used a quantitative analytical observational type with a cross sectional design. The number of respondents was 75 people who were selected using consecutive sampling. The instrument uses a modified General *Self efficacy* (GSE) questionnaire and the Amsterdam Preoperative Anxiety and Information Scale (APAIS). Data analysis using Spearman Rank Correlation test.

Results: *Self efficacy* of patients with very high (1.3%), high (41.3%), moderate (20%), low (30.7%) and very low (6.7%). Anxiety preoperative patients with categories not anxious (0%), mild anxiety (18.7%), moderate anxiety (62.7%), severe anxiety (18.7%) and panic (0%). Spearman Rank Correlation test results p-value is 0.000, which means that there is a significant relationship between self-efficacy and anxiety in preoperative patients with general anesthesia at Kardinah Tegal Hospital. The correlation coefficient value is -0.564 with a moderate level of closeness.

Conclusion: There is a relationship between self-efficacy and anxiety in preoperative patients with general anesthesia at Kardinah Hospital Tegal.

Keywords: *self efficacy*, anxiety, preoperative, general anesthesia

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