

ABSTRAK

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**PENGARUH PERSIAPAN PSIKOLOGIS TERHADAP TINGKAT
KECEMASAN SEBELUM ENDOSKOPI SALURAN CERNA ATAS DI RS
TELOGOREJO SEMARANG**

xv + 54 Hal + 5 Tabel + 14 Lampiran

Latar Belakang : Menurut American Society for Gastrointestinal tahun 2018 sebanyak 1.388.235 pasien endoskopi. Di Indonesia dari data Pusat Endoskopi Saluran Cerna (PESC) di Rumah Sakit Cipto Mangunkusumo (2019), meningkat 26,2% untuk endoskopi. Pasien biasanya merasa cemas yang dapat diatasi dengan teknik persiapan psikologis yang dimulai dengan pemberian informasi, perhatian pasien pada keuntungan prosedur dan poin positif tindakan Tujuan penelitian mengetahui pengaruh persiapan psikologis terhadap tingkat kecemasan endoskopi saluran cerna atas di RS Telogorejo Semarang.

Metode: Desain *pretest-posttest one group design*. Populasi seluruh pasien yang melakukan endoskopi saluran cerna atas di RS Telogorejo Semarang pada bulan Januari sampai Juni 2024 sebanyak 126 pasien. Sampel 30 responden dengan teknik *quota sampling*. Instrumen tingkat kecemasan *The Amsterdam Preoperative Anxiety and Information Scale (APAIS)* dan Satuan Acara Penyuluhan (SAP) pemberian persiapan psikologis. Analisis data menggunakan uji *wilcoxon*.

Hasil: Tingkat kecemasan pasien endoskopi saluran cerna atas di RS Telogorejo Semarang sebelum diberikan persiapan psikologis sebagian besar sedang sebanyak 16 responden (53,3%), sesudah diberikan persiapan psikologis sebagian besar mengalami cemas sedang sebanyak 25 responden (83,3%). Ada pengaruh persiapan psikologis terhadap tingkat kecemasan sebelum endoskopi saluran cerna atas di RS Telogorejo Semarang dengan nilai $p=0,000 < \alpha=0,05$.

Kesimpulan: Persiapan psikologis berpengaruh terhadap tingkat kecemasan sebelum endoskopi saluran cerna atas di RS Telogorejo Semarang.

Kata Kunci : Persiapan Psikologis, Tingkat Kecemasan, Endoskopi Saluran Cerna Atas

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ABSTRACT

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THE INFLUENCE OF PSYCHOLOGICAL PREPARATION ON THE LEVEL OF ANXIETY BEFORE UPPER GI TRACT ENDOSCOPY AT TELOGOREJO HOSPITAL SEMARANG

xv + 54 Page + 5 Tables + 14 Attachment

Background: According to the American Society for Gastrointestinal in 2018, there were 1,388,235 endoscopy patients. In Indonesia, from data from the Gastrointestinal Endoscopy Center (PESC) at Cipto Mangunkusumo Hospital (2019), it increased by 26.2% for endoscopy. Patients usually feel anxious which can be overcome with psychological preparation techniques starting with providing information, patient attention to the advantages of the procedure and positive points of the action. The purpose of the study was to determine the effect of psychological preparation on the level of anxiety in upper gastrointestinal endoscopy at Telogorejo Hospital, Semarang.

Method: Pretest-posttest one group design. The population of all patients undergoing upper gastrointestinal endoscopy at Telogorejo Hospital, Semarang from January to June 2024 was 126 patients. A sample of 30 respondents with a quota sampling technique. The anxiety level instrument was The Amsterdam Preoperative Anxiety and Information Scale (APAIS) and the Counseling Event Unit (SAP) provided psychological preparation. Data analysis used the Wilcoxon test.

Results: The anxiety level of upper gastrointestinal endoscopy patients at Telogorejo Hospital, Semarang before being given psychological preparation was mostly moderate, as many as 16 respondents (53.3%), after being given psychological preparation, most experienced moderate anxiety, as many as 25 respondents (83.3%). There was an effect of psychological preparation on the level of anxiety before upper gastrointestinal endoscopy at Telogorejo Hospital, Semarang with a p value of $0.000 < \alpha = 0.05$.

Conclusion: Psychological preparation affects the level of anxiety before upper gastrointestinal endoscopy at Telogorejo Hospital, Semarang.

Keywords: Psychological Preparation, Anxiety Level, Upper Gastrointestinal Endoscopy **Bibliography:** 31 (2019-2023)