ABSTRAK

HUBUNGAN KECERDASAN EMOSIONAL DENGAN KECEMASAN MENGHADAPI RISIKO TERPAPAR COVID-19 SETELAH MENDAPATKAN VAKSIN COVID-19

Ian Rizky Vandani[1], Saryono[2], Keksi Girindra Swasti[3]

Latar Belakang : Potensi terpapar Covid-19 tetap ada meskipun sudah vaksin sehingga dapat menimbulkan kecemasan. Masyarakat perlu mengelola emosi supaya kecemasan menurun. Penelitian ini bertujuan untuk mengetahui hubungan kecerdasan emosional dengan kecemasan menghadapi risiko terpapar Covid-19 setelah mendapatkan vaksin Covid-19.

Metodologi : Penelitian *cross-sectional* dengan desain korelasi. Jumlah sampel 90 responden yang sudah vaksin Covid-19 di Desa Rawalo. Teknik sampel menggunakan *simple random sampling*. Instrumen penelitian menggunakan kuesioner *State-Trait Anxiety Inventory* dan kecerdasan emosional. Analisis data menggunakan *spearman rank* dengan korelasi 0,05.

Hasil Penelitian : Responden berusia 18-40 tahun (100%). Mayoritas responden perempuan (51,1%), tidak bekerja (62,2%), pendidikan terakhir SMA (64,4%). memiliki kecerdasan emosional tinggi (85,6%), kecemasan setelah vaksin Covid-19 (*state anxiety*) dan kecemasan sehari-hari (*trait anxiety*) pada level ringan (65,6% dan 75,6%). Usia dan jenis kelamin berpengaruh pada *state anxiety* dan *trait anxiety*. Usia berpengaruh kecerdasan emosional. Pendidikan dan pekerjaan tidak berpengaruh pada *state anxiety*, *trait anxiety*, kecerdasan emosional. Jenis kelamin tidak berpengaruh pada kecerdasan emosional. Hasil *spearman rank* menunjukan adanya hubungan antara kecerdasan emosional dengan kecemasan ($\rho=0,000$, r=-0,434, r=-0,365).

Kesimpulan : Terdapat hubungan negatif yang bermakna antara kecerdasan emosional dengan kecemasan menghadapi risiko terpapar Covid-19 setelah mendapatkan vaksin Covid-19. Semakin tinggi kecerdasan emosional maka semakin rendah tingkat kecemasan.

Kata Kunci : Kecemasan, kecerdasan emosional, vaksin Covid-19

[1]Mahasiswa Jurusan Keperawatan FIKes Universitas Jenderal Soedirman
[2]Dosen Keperawatan Biomedis FIKes Universitas Jenderal Soedirman
[3]Dosen Keperawatan Jiwa FIKes Universitas Jenderal Soedirman

ABSTRACT

THE RELATIONSHIP OF EMOTIONAL INTELLIGENCE WITH ANXIETY FACING THE RISK OF EXPOSURE TO COVID-19 AFTER RECEIVING THE COVID-19 VACCINE

Ian Rizky Vandani[1], Saryono[2], Keksi Girindra Swasti[3]

Background: The potential for exposure to Covid-19 still exists even though it has been vaccinated so it can cause anxiety. People need to manage emotions so that anxiety decreases. This study aims to determine the relationship between emotional intelligence and anxiety in facing the risk of being exposed to Covid-19 after receiving the Covid-19 vaccine.

Methodology: Research cross-sectional with correlation design. The number of samples is 90 respondents who have been vaccinated against Covid-19 in Rawalo Village. The sampling technique used simple random sampling. The research instrument used a State-Trait Anxiety Inventory and an emotional intelligence questionnaire. Data analysis using Spearman rank with a correlation of 0.05.

Research Results: Respondents aged 18-40 years (100%). The majority of respondents are female (51.1%), not working (62.2%), with the last education being high school (64.4%). had high emotional intelligence (85.6%), anxiety after the Covid-19 vaccine (state anxiety), and daily anxiety (trait anxiety) at mild levels (65.6% and 75.6%). Age and gender affect state anxiety and trait anxiety. Age affects emotional intelligence. Education and work don't affect state anxiety, trait anxiety, emotional intelligence. Gender doesn't affect emotional intelligence. The results of the Spearman rank show that there is a relationship between emotional intelligence and anxiety ($\rho=0.000$, r=-0.434, r=-0.365).

Conclusion: There is a significant negative relationship between emotional intelligence and anxiety about the risk of being exposed to Covid-19 after receiving the Covid-19 vaccine. The higher the emotional intelligence, the lower the level of anxiety.

Keywords: Anxiety, Covid-19 vaccine, emotional intelligence

[1]Student of the Department of Nursing Faculty of Health Science, Jenderal Soedirman University
[2]Lecturer of Biomedical Nursing Faculty of Health Science, Jenderal Soedirman University
[3]Lecturer of Mental Nursing Faculty of Health Science, Jenderal Soedirman University