

**PENGARUH PENGGUNAAN APLIKASI VISITING PATIENT
TERHADAP TINGKAT STRES PASIEN RAWAT INAP
DI RUMAH SAKIT MARGONO SOEKARJO**

ABSTRAK

Latar belakang: Stres adalah perasaan psikologis akibat adanya tekanan mental dan dapat memberi respon negatif terhadap kesehatan. Stres dapat berkurang dengan adanya penambahan pengetahuan melalui suatu informasi dan edukasi yang disampaikan dari media aplikasi. Aplikasi *visiting patient* adalah aplikasi berbasis android berisi tentang keutamaan orang yang sedang sakit. Penelitian ini bertujuan untuk mengetahui pengaruh penggunaan aplikasi *visiting patient* terhadap tingkat stres pasien rawat inap RS Margono Soekarjo.

Metode: Penelitian ini menggunakan jenis kuantitatif *quasi experimental* dengan rancangan penelitian *pre and post-test with control group design*. Teknik pengambilan data secara *non random sampling* dengan pendekatan *consecutive sampling*. Jumlah responden 24 kontrol dan 24 intervensi. Pengukuran tingkat stres menggunakan kuesioner *Depression and Anxiety Stress Scale (DASS) 21*.

Hasil: Rerata tingkat stres *pre-test* pada kelompok kontrol 9.67 dan pada kelompok intervensi 11.92, sedangkan rerata *post-test* pada kelompok kontrol 10.67 dan pada kelompok intervensi 10.25. Hasil uji *Dependent T-Test* kelompok intervensi didapatkan $p=0.069$ ($p>0.05$) yang berarti tidak ada perbedaan nilai rerata *pre-test* dan *post-test* pada kelompok intervensi, sedangkan kelompok kontrol didapatkan $p=0.037$ ($p<0.05$) yang berarti ada perbedaan nilai rerata *pre-test* dan *post-test* pada kelompok kontrol. Hasil uji *Independent T-Test* didapatkan $p=0.796$ ($p>0.05$) yang berarti tidak ada perbedaan yang bermakna antara kelompok intervensi dan kontrol.

Kesimpulan: Penggunaan aplikasi *visiting patient* tidak mempengaruhi tingkat stres pasien rawat inap di RS Margono Soekarjo.

Kata kunci: Aplikasi *visiting patient*, DASS-12, stres

**THE EFFECT OF USING THE VISITING PATIENT APPLICATION
ON THE STRESS LEVEL OF INPATIENTS
AT MARGONO SOEKARJO HOSPITAL**

ABSTRACT

Background: Stress is a psychological feeling due to mental stress and can give a negative response to health. Stress can be reduced by adding knowledge through information and education delivered from application media. The visiting patient application is an android-based application containing the virtues of people who are sick. This study aims to determine the effect of using the visiting patient application on the stress level of inpatients at Margono Soekarjo Hospital.

Method: This study used a quasi-experimental quantitative type with a pre- and post-test research design with control group design. Data collection technique by non-random sampling with a consecutive sampling approach. The number of respondents was 24 controls and 24 interventions. Measurement of stress levels using the Depression and Anxiety Stress Scale (DASS) 21 questionnaire.

Results: The average pre-test stress level in the control group was 9.67 and in the intervention group was 11.92, while the post-test mean in the control group was 10.67 and in the intervention group was 10.25. The results of the Dependent T-Test test of the intervention group were obtained $p=0.069$ ($p>0.05$) which means that there was no difference in the mean pre-test and post-test scores in the intervention group, while the control group was obtained $p=0.037$ ($p<0.05$) which means that there was a difference in mean pre-test and post-test scores in the control group. Independent T-Test results were obtained $p=0.796$ ($p>0.05$) which means that there were no significant differences between the intervention and control groups.

Conclusion: The use of the visiting patient application does not affect the stress level of inpatients at Margono Soekarjo Hospital.

Keywords: DASS-12, stress, visiting patient application