

**GAMBARAN TINGKAT KECEMASAN PENYINTAS COVID-19
DI DESA KARANGNANAS KECAMATAN SOKARAJA
KABUPATEN BANYUMAS JAWA TENGAH**

ABSTRAK

Latar Belakang: Pandemi COVID-19 berpengaruh pada kesehatan psikologis termasuk kecemasan. Kecemasan dapat menimbulkan dampak fisik termasuk penurunan tingkat imunitas tubuh. Hal ini akan menimbulkan adanya reinfeksi COVID-19

Tujuan: Mengetahui gambaran tingkat kecemasan penyintas COVID-19 di Desa Karangnanas Kecamatan Sokaraja Kabupaten Banyumas Jawa Tengah.

Metode Penelitian: Deskriptif kategorik pendekatan *cross sectional*. Sampel 63 pasien *post*-COVID-19 yang memenuhi kriteria inklusi dan eksklusi dengan *consecutive sampling*. Data pribadi responden dan kuesioner *Hamilton Rating Scale for Anxiety* (HRS-A). Analisis univariat digunakan untuk menjelaskan karakteristik gambaran deskriptif responden dari setiap variabel yang diukur.

Hasil: Responden mengalami kecemasan sebanyak 36 responden (57,1%). Responden berusia ≥ 40 tahun, 32 responden (50,8%). Responden perempuan, 43 responden (68,3%). Responden pendidikan SMA/Sederajat, 22 responden (34,9%). Responden jenis pekerjaan ibu rumah tangga, 25 responden (39,7%). Responden tidak pernah rawat inap, 45 responden (71,4%). Responden pernah terinfeksi COVID-19 1 kali, 54 responden (85,7%).

Kesimpulan: Mayoritas responden mengalami kecemasan sebanyak 36 responden (57,1%). Mayoritas berusia ≥ 40 tahun, 32 responden (50,8%) mengalami kecemasan sebanyak 18 responden (56,2%). Mayoritas perempuan, 43 responden (68,3%) mengalami kecemasan sebanyak 24 responden (55,8%). Mayoritas pendidikan SMA/Sederajat, 22 responden (34,9%) mengalami kecemasan 13 responden (59,1%). Mayoritas jenis pekerjaan ibu rumah tangga, 25 responden (39,7%) mengalami kecemasan 15 responden (60%). Mayoritas tidak pernah rawat inap, 45 responden (71,4%) mengalami kecemasan 27 responden (60%). Mayoritas responden pernah terinfeksi COVID-19 1 kali, 54 responden (85,7%) mengalami kecemasan sebanyak 31 responden (57,4%).

Kata Kunci: COVID-19, Tingkat kecemasan, Usia, Jenis kelamin, Tingkat pendidikan, Pekerjaan, Rawat inap, Vaksin COVID-19

**DESCRIPTION OF THE ANXIETY LEVEL OF COVID-19 SURVIVAL
IN KARANGNANAS VILLAGE, SOKARAJA DISTRICT
BANYUMAS DISTRICT, CENTRAL JAVA**

ABSTRACT

Background: *The COVID-19 pandemic has affected psychological health including anxiety. Anxiety can have physical effects including a decrease in the body's immunity level. This will lead to reinfection of COVID-19*

Objective: *To find out the description of the anxiety level of COVID-19 survivors in Karangnanas Village, Sokaraja District, Banyumas Regency, Central Java.*

Research Method: *Descriptive categorical cross sectional approach. A sample of 63 post-COVID-19 patients who met the inclusion and exclusion criteria by consecutive sampling. Personal data of respondents and questionnaire Hamilton Rating Scale for Anxiety (HRS-A). Univariate analysis was used to explain the characteristics of the descriptive description of the respondents from each variable measured.*

Results: *Respondents experienced anxiety as many as 36 respondents (57.1%). Respondents aged ≥ 40 years, 32 respondents (50.8%). Female respondents, 43 respondents (68.3%). High school/equivalent education respondents, 22 respondents (34.9%). Respondents type of work housewives, 25 respondents (39.7%). Respondents have never been hospitalized, 45 respondents (71.4%). Respondents had been infected with COVID-19 1 time, 54 respondents (85.7%).*

Conclusion: *The majority of respondents experienced anxiety as many as 36 respondents (57.1%). The majority aged ≥ 40 years, 32 respondents (50.8%) experienced anxiety as many as 18 respondents (56.2%). The majority of women, 43 respondents (68.3%) experienced anxiety as many as 24 respondents (55.8%). The majority of high school/equivalent education, 22 respondents (34.9%) experienced anxiety, 13 respondents (59.1%). The majority of the types of work of housewives, 25 respondents (39.7%) experienced anxiety, 15 respondents (60%). The majority have never been hospitalized, 45 respondents (71.4%) experienced anxiety, 27 respondents (60%). The majority of respondents had been infected with COVID-19 once, 54 respondents (85.7%) experienced anxiety as many as 31 respondents (57.4%).*

Keywords: *COVID-19, Anxiety level, Age, Gender, Education level, Occupation, Hospitalization, COVID-19 Vaccine*