

## Abstrak

### GAMBARAN DUKUNGAN KELUARGA DAN TINGKAT KECEMASAN PADA WANITA DENGAN POLYCYSTIC OVARY SYNDROME (PCOS)

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**Latar Belakang:** Wanita dengan PCOS berisiko tinggi mengalami beberapa gangguan kesehatan psikologis, salah satunya kecemasan. Kecemasan dapat menimbulkan dampak psikologis hingga menyebabkan penurunan produktivitas. Dukungan keluarga dapat dilakukan untuk mengontrol tingkat kecemasan. Penelitian ini bertujuan untuk mengetahui gambaran dukungan keluarga dan tingkat kecemasan pada wanita dengan PCOS.

**Metodologi:** Penelitian deskriptif kuantitatif dengan pendekatan *cross-sectional*. Sampel berjumlah 18 responden. Instrumen yang digunakan yaitu kuesioner dukungan keluarga dan kuesioner *State-Trait Anxiety Inventory*.

**Hasil Penelitian:** Pendidikan terakhir mayoritas responden perguruan tinggi (76,5%), sebagai wanita bekerja (70,6%), status perkawinan adalah kawin (100%), jenis keluarga adalah keluarga inti (76, 5%), siklus menstruasi 21-35 hari (76,5%). Median lama menderita PCOS adalah 8. Rata-rata usia menarche responden adalah  $13,11 \pm 0,312$ . Dukungan keluarga dalam kategori *supportif* (83,3%), *state anxiety* sebagian besar tergolong rendah (72,2%), serta *trait anxiety* yaitu kategori rendah (50%) dan kategori sedang (50%).

**Kesimpulan:** Berdasarkan hasil penelitian, mayoritas responden mendapatkan dukungan keluarga kategori *supportif*, *state anxiety* kategori rendah (72,2%), serta *trait anxiety* responden yaitu rendah (50%) dan sedang (50%).

**Kata kunci:** dukungan keluarga; PCOS; tingkat kecemasan

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## **Abstract**

### **DESCRIPTION OF FAMILY SUPPORT AND LEVEL OF ANXIETY IN WOMEN WITH POLYCYSTIC OVARY SYNDROME (PCOS)**

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**Background:** Women with PCOS are at high risk of experiencing several psychological health problems, one of which is anxiety. Anxiety can have a psychological impact, causing a decrease in productivity. Family support can be done to control anxiety levels. This study aims to determine the description of family support and anxiety levels in women with PCOS.

**Methodology:** Quantitative descriptive research with a cross-sectional approach. The sample was 18 respondents. The instruments used were the family support questionnaire and the State-Trait Anxiety Inventory questionnaire.

**Results:** The majority of respondents graduated from university (76.5%), were working women (70.6%), marital status was married (100%), family type was nuclear family (76.5%), menstrual cycle 21-35 days (76.5%). The median length of suffering from PCOS is 8. The mean age of menarche for respondents is  $13.11 \pm 0.312$ . Family support was in the supportive category (83.3%), most of the state anxiety was low (72.2%), and trait anxiety was in the low category (50%) and medium category (50%).

**Conclusion:** Based on the results of the study, the majority of respondents received family support in the supportive category, state anxiety was in the low category (72.2%), and the respondents' trait anxiety was low (50%) and moderate (50%).

**Keywords:** anxiety level; family support; PCOS

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