GAMBARAN TINGKAT KECEMASAN MAHASISWA BARU PRODI KESEHATAN UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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INTISARI

Latar Belakang : Kecemasan merupakan rasa takut yang tidak jelas disertai dengan perasaan ketidakpastian, ketidakberdayaan, isolasi, dan ketidakamanan (Stuart, 2016). Faktor yang memicu kecemasan setiap mahasiswa baru berbeda, seperti prestasi akademik, hubungan dengan teman, jenis kelamin, kualitas tidur, masalah keuangan, ekonomi dan budaya. Seseorang yang memiliki kecemasan penyesuaian menjadi cemas, gugup, badan gemetar, dan terasa ada ikatan yang kencang di dahi. Ketakutan akan penyesuaian juga biasanya disebabkan oleh aspek kognitif yang dapat bermanifestasi secara langsung. Ketakutan, kecemasan atau kekhawatiran akan sesuatu, mengeluh bahwa sesuatu yang buruk akan terjadi pada seseorang di masa depan, percaya bahwa sesuatu yang buruk akan terjadi.

Tujuan : mengetahui Gambaran Tingkat Kecemasan Mahasiswa Baru Prodi Kesehatan Universitas Jenderal Achmad Yani Yogyakarta.

Metode : Metode penelitian ini menggunakan studi deskriptif kuantitaif. Teknik pengambilan sampel menggunakan *Proportional Stratified Random Sampling*. Data diambil menggunkan kuesioner *Zung Self-Assessment Anxiety Scale (SAS/SRAS*. Analisis data yang digunakan yaitu distribusi frekuensi.

Hasil : Tingkat kecemasan mahasiswa baru prodi keperawatan (S-1) dengan tingkat kecemasan normal dengan prasentase 71,42%, prodi Kebidanan (D3) kecemasan normal 66% prodi kebidanan (S1) Kecemasan normal 80% Prodi Farmasi (S1) kecemasan normal 90,47%, prodi TBD (D3) kecamasan normal 100 %, dan prodi RMIK (D3-3) normal 68.42%.

Kesimpulan: Tingkat kecemasan mahasiswa baru program studi kesehatan dalam kategori normal sebesar (85.7%). Mayoritas responden dalam penelitian ini yaitu berusia ≤20 tahun sebesar (84.5%), paling banyak berjenis kelamin perempuan. 2

Kata Kunci : *Mahasiswa Baru, Tingkat Kecemasan*

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OVERVIEW OF ANXIETY LEVELS IN NEW HEALTH SCIENCES STUDENTS AT UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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ABSTRACT

Background: Anxiety is an undefined fear accompanied by feelings of uncertainty, powerlessness, isolation, and insecurity (Stuart, 2016). Various factors trigger anxiety in each new student, such as academic achievement, relationships with peers, gender, sleep quality, financial issues, economics, and culture. Individuals with adjustment anxiety may experience nervousness, trembling, and a tight feeling in the forehead. Fear of adjustment is typically caused by cognitive aspects that can manifest directly. Fear, anxiety, or worry about something, complaining that something bad will happen in the future, believing that something bad will happen.

Objective: To determine the overview of anxiety levels in new students of the Health Sciences program at Universitas Jenderal Achmad Yani Yogyakarta

Methods: This research employed a quantitative descriptive study method. The sampling technique used Proportional Stratified Random Sampling. Data were collected using the Zung Self-Assessment Anxiety Scale (SAS/SRAS) questionnaire. Frequency distribution was used for data analysis.

Results: The anxiety levels of new students in the Health Sciences program were found to be at an average level. New undergraduate nursing students had a normal anxiety level with a percentage of 71.42%. For the Diploma in Midwifery program, the percentage of students with normal anxiety levels was 66% for D3 and 80% for S1. In the Pharmacy program, 90.47% of S1 students had normal anxiety levels. The Blood Bank Technology program (D3) had 100% of students with normal anxiety levels, and the Medical Records and Health Information Technology program (D3) had a normal anxiety level of 68.42%.

Conclusion: The anxiety levels of new students in the health sciences programs were predominantly categorized as normal (85.7%). The majority of the respondents in this study were ≤20 years old (84.5%) and predominantly female.

Keywords: New Students, Anxiety Levels

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