

GAMBARAN TINGKAT KECEMASAN LANSIA PENDERITA HIPERTENSI DAN DIABETES MELITUS SELAMA PANDEMI COVID-19 DI WILAYAH KERJA PUSKESMAS KASIHAN II BANTUL

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INTISARI

Latar Belakang: Dampak dari pandemi Covid-19 menimbulkan kecemasan pada lansia, salah satu kelompok risiko tinggi. Lansia rentan terkena gangguan psikologis pada masa pandemi, seperti takut tertular virus, cemas akibat efek terinfeksi, stress dan depresi. Penularan pandemi covid-19 yang cepat, angka kematian yang tinggi, isolasi mandiri, *social distancing* dan karantina dapat memperparah risiko gangguan kesehatan mental pada lansia.

Tujuan Penelitian: Mengetahui gambaran tingkat kecemasan lansia penderita hipertensi dan diabetes melitus selama pandemi Covid-19 di wilayah kerja Puskesmas Kasihan II Bantul.

Metode Penelitian: Jenis penelitian ini adalah kuantitatif non-eksperimental dengan desain penelitian deskriptif. Pengambilan sampel menggunakan teknik *accidental sampling* dengan jumlah 71 responden. Kriteria inklusinya adalah lansia yang berusia ≥ 55 tahun, bisa membaca dan menulis, dan bersedia menjadi responden. Kriteria eksklusinya adalah lansia mengalami demensia, diagnosa penyakit lebih dari satu, dan pasien dengan gangguan jiwa. Pengumpulan data menggunakan kuesioner *Zung-Self Rating Anxiety Scale* (SAS/SRAS). Analisis data menggunakan teknik statistik analisis univariat dengan frekuensi dan presentase.

Hasil: Sebagian besar lansia berjenis kelamin perempuan (59.2%), berusia 55-64 (53.5%), tingkat pendidikan terakhir SMP (33.8 %), dan paling banyak menderita hipertensi (56.3%). Tingkat kecemasan lansia dalam kategori normal berjumlah 60 (84.5%) lansia, ringan-sedang 10 (14.1%), dan berat 1 (1.4%).

Kesimpulan: Tingkat kecemasan lansia penderita hipertensi dan diabetes melitus selama pandemi Covid-19 di wilayah kerja Puskesmas Kasihan II Bantul termasuk dalam kategori normal.

Kata Kunci: *Diabetes Melitus, Hipertensi, Kecemasan, Lansia, Pandemi Covid-19*

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AN OVERVIEW OF THE LEVELS OF ANXIETY AMONG ELDERLY PEOPLE WITH HYPERTENSION AND DIABETES MELLITUS DURING THE COVID-19 PANDEMIC IN THE WORKING AREA OF PUSKESMAS KASIHAN II BANTUL

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ABSTRACT

Background: The impacts of the Covid-19 pandemic has caused anxieties among the elderly, being one of the high-risk groups. During a pandemic, the elderly are particularly vulnerable to psychological disorders, such as fear of being infected with the virus, anxiety due to the effects of being infected, stress and depression. Rapid transmission of the covid-19 pandemic, high mortality rates, self-isolation, social distancing and quarantine can exacerbate the risk of mental health disorders in the elderly. The rapid transmission of the covid-19 outbreak, high mortality rates, self-isolation, social distancing and quarantine can further increase the risk of mental health disorders among the elderly.

Objective: To identify the levels of anxiety among elderly people with hypertension and diabetes mellitus during the Covid-19 pandemic in the working area of Puskesmas Kasihan II Bantul.

Method: This study is a non-experimental quantitative study with a descriptive research design. The sampling technique used was accidental sampling with a total of 71 respondents. The inclusion criterias were elderly people aged ≥ 55 years, capable of reading and writing, and willing to participate as respondents. The exclusion criterias were elderly people with dementia, diagnosed with more than one disease, and patients with mental disorders. Data collection utilized the Zung-Self Rating Anxiety Scale (SAS/SRAS) questionnaire. Data analysis was performed using statistical technique of univariate analysis with frequency and percentage.

Results: The majority of the elderly were female (59.2%), aged 55-64 (53.5%), with the highest education level of junior high school (33.8%), and mostly suffered from hypertension (56.3%). The anxiety level of the elderly in the normal category accounted for 60 (84.5%) cases, mild-moderate category was 10 (14.1%) cases, and severe category was 1 (1.4%).

Conclusion: The anxiety level of elderly people with hypertension and diabetes mellitus during the Covid-19 pandemic in the working area of Puskesmas Kasihan II Bantul is categorized as normal.

Keyword: *Diabetes Mellitus, Hypertension, Anxiety, Elderly, Covid-19 Pandemic*

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